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with writer
Stephenie Meyer
metroLIFE



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The puck drops in Boston tonight as Dustin Byfuglien and team take on the Bruins in the first game of the season.
JOHN WOODS/THE CANADIAN PRESS

JETS GET ENGINES STARTED

Columnist Andrew 'Hustler' Paterson predicts playoffs for Winnipeg **metroSPORTS**

Babies seized more from rehab: Study

MANITOBA

Quarter of infants born to women in treatment taken by government

A study assessing a Manitoba alcohol rehabilitation program indicates participants are more likely to have their babies taken from them at birth than those who aren't seeking help. The study by researchers at the University of Manitoba also suggests that being in the three-year program helped women regain their children in the long run.

It found 25 per cent of infants born to 226 women in the government's InSight program were seized by Child and Family Services within 72 hours of birth compared with four per cent in a comparison group with

similar issues.

The apprehension rate remained the same for participants who completed the alcohol addiction program, which is aimed at reducing the prevalence of drinking during pregnancy and the number of children born with fetal alcohol spectrum disorder.

Researcher Chelsea Ruth said it's not clear why the apprehension rate was higher for rehab participants, who had no access to social services, had a history of domestic violence and struggled with mental-health issues.

"That may have happened because the children were not safe to be taken home by their mothers," she said Wednesday. "It's also possible that it did happen through inappropriate stigmatization."

Cora Morgan, the province's First Nations children's advocate, said she worries parents will be deterred from seeking help if they risk losing their children. THE CANADIAN PRESS

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DEVELOPMENT

Palomino to mosey on to downtown



Shane Gibson
Metro | Winnipeg

Kick up your heels — the Palomino Club is relocating downtown.

Known affectionately as “The Pal”, the country music mainstay is moving down Portage Avenue to make way for condos.

Owner Cary Paul told several media outlets it was time to

move after he was approached by a local developer and they struck a deal to build condos on the location.

The current incarnation will close on Jan. 2, but that doesn't mean it's gone for good.

Paul said they are looking at opening across from MTS Centre, perhaps in the former home of The 4-Play Sports bar and grill. And yes, the flashing horse will come with them.

The Palomino has been around since 1988.



The Pal is moving to make way for a new condo development.

SHANE GIBSON/METRO

Zombies set to take over Fun Mountain

FEAR THE SLIDING DEAD

Visitors should be prepared to be scared, promoter says



Dave Baxter
Metro | Winnipeg

A place known by most Winnipeggers for hot days and fun in the sun is about to be taken over by the zombie apocalypse.

Fear the Sliding Dead will see Fun Mountain Water Slide Park transformed into a barren wasteland filled with zombies and zombie hunters, and people are invited to come to check it out if they dare.

Event promoters Jamie Hall and Desiree Joyal are working together to create the event that Hall said will be a “live action role-play zombie apocalypse.”

“Each group that shows up will have a guide and must do whatever the guide says to survive the zombie onslaught,” said Hall.

“If he says run, you run. If he says dive, you dive, and if he dies you die. The concept is you go through the park full of zombies as a way of thrill seeking.”

Zombies could pop out of places where they are not expected, so Joyal said people



Desiree Joyal and Jamie Hall play the role of zombie and zombie hunter as they get ready for Fear the Sliding Dead at Fun Mountain Water Slide Park. DAVE BAXTER/METRO

who come should expect to be scared.

“There will be live actors, running, blood, screaming, gun shots, fire, and crazy people who have been fighting zombies for far too long,” said Joyal.

Adding to the scare factor will be the fact the only lights in the park will be flashlights given to those who show up.

“We’re not going for Halloween cheese on this one, we are going for scary,” said Hall.

Fear the Sliding Dead takes places Oct. 25-31, running from 7 p.m. to 12 a.m. each night.

Hall said he believes the event is appropriate for those 14 and older, but those younger than 14 can attend using parental discretion.

Earlier tours could be tamed down a bit more than the ones that happen later in the evening depending on the age of people who show up.

Tickets are available for \$20 for adults and \$10 for kids under the age of 14, and are available by going to diyobo.com and searching Fear the Sliding Dead.

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IN BRIEF**Another surplus for MTYP**

The Manitoba Theatre for Young People is reporting its third straight profitable season.

As well as the “modest surplus” announced at its annual general meeting Wednesday, the theatre said the 2014-15 season saw 24,264 children attend 87 school performances — up 170 per cent over the previous season — and 51,300 students attend 171 touring performances at schools across the province.

“MTYP has set a consistently high standard, offering excellent entertainment for children of all ages, while not shying away from tackling difficult issues,” Gloria Koop, MTYP board president, said in a release.

Manitoba Theatre for Young People opened its latest season on Oct. 1 with the play *Danny, King of the Basement*. The play runs until Oct. 18. **METRO**

Co-op offering shares

Peg City Car Co-op is looking for investors to expand the car-share program.

The co-op has issued \$87,500 in investment shares through the province's Community Enterprise Development Tax Credit program.

The provincial program makes a 45 per cent income tax credit available to Manitoba residents and eligible corporations that invest.

Two previous investment drives run by Peg City raised a combined \$112,500, which allowed the car-share to grow to 18 cars used by 550 members. Individual investment shares sell for \$100 each and can be purchased in multiples. Go to pegcitycarcoop.ca/invest for more information. **METRO**

Technology could soon augment museum reality

INNOVATION

History gets a boost from a little modern thinking



Shane Gibson
Metro | Winnipeg

Mike Jensen of the Manitoba Museum looks up with glee as a poisonous spider crawls on his thumb, across his hand, and heads straight up his bare arm towards his sleeve.

Thankfully it's a digitally created poisonous spider and Jensen's watching it dance around his hand on an iPad — part of an augmented reality (AR) feature included in National Geographic Presents: Earth Explorers, a touring exhibit now on at the museum.

It's the first time the technology has been used at the Manitoba Museum. Jensen thinks it's so cool, it may end up augmenting reality at the museum's permanent exhibits, too.

“It's definitely something that we've been exploring for our exhibits,” said Jensen, the museum's programs supervisor at the Planetarium and the Science Gallery. “One of the things we're always looking to do is enhance how the exhibit's interact with the visitors.”

The AR used for National Geographic Presents: Earth Explorers runs on a free app visitors download before going in (it's available on Apple and Android operating systems).

The user points their phone



Mike Jensen, of the Manitoba Museum, tries out the augmented reality feature included in National Geographic Presents: Earth Explorers, now running at the museum. SHANE GIBSON/METRO

or tablet at special symbols scattered throughout the exhibit and the app uses the device's camera to add special effects on the screen that, like the creepy spider, interact with the visitor in real time.

Jensen said AR has been around for three or so years, and it's already something exhibit designers are increas-



One of the things we're always looking to do is enhance how the exhibit's interact with the visitors.

Mike Jensen

ingly making part of their displays. For the Earth Explorer exhibit it's used purely

for its cool factor — there's no educational component — but as the technology ex-

pands Jensen hopes it'll also bring up further information about exhibits.

“We can only put so much texts on our displays ... this could allow people who want to see more to interact and learn more as they choose,” he said. “It's definitely a function we're interested in because it's the new wave.”



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Ben Caplan's newest album has all the bells and whistles

BACKSTAGE PASS

Artist says he wanted to 'experiment' musically

Jared Story
For Metro | Winnipeg

Ben Caplan's Birds with Broken Wings is a cacophony of musicians. The Halifax singer-songwriter's sophomore album features more than 30 different players, including Patrick Watson pedal steel player Joe Grass and Orchestre Symphonique de Montréal principal harpist Jennifer Swartz.

Birds with Broken Wings also features unique instruments like darbuka (a North African goblet drum) and cimbalom (a Hungarian dulcimer) and the record's first single 40 Days & 40 Nights features horn arrangements by Fred Wesley of James Brown and Parliament-Funkadelic fame.

"I wanted to experiment with what could be done



Ben Caplan and The Casual Smokers play The Good Will Social Club next Thursday. CONTRIBUTED

musically in a studio that I couldn't normally do in any other context," Caplan said. "I wanted to try filling out the arrangements and really experimenting with just how lush the songs can be.

"I think my first record (2011's In the Time of the Great Remembering) was about trying to find a way to capture what we did live in the studio. With this new record I was more interested

in figuring out what musical ideas can we achieve that we may never be able to pull off live, but would make for an interesting listening experience."

Birds with Broken Wings

was produced by Socalled, a Montreal music freak known for his unique mix of klezmer and hip hop.

Caplan says the stage is his natural element, so having a studio wiz like Socalled

was very helpful.

"Live, I'm often tempted to let the energy and exuberance of the moment carry the song," Caplan said. "In the studio you have to find a more controlled approach and it's difficult to do that without losing the spark. So-called was really important in helping me dial back or ramp up when necessary."

Caplan is currently touring with a five-piece band named The Casual Smokers, but he's known to hit the stage in all sorts of configurations.

"Solo, duo, trio, quartet, it's really malleable," said Caplan, noting he once used an 11-piece band onstage.

"For me I try to write songs that can work with just an acoustic guitar by a camp fire. It's not about the arrangement, it's about the song. We can expand the arrangement as big as possible and pull it back, too, and everything in between."

Ben Caplan and The Casual Smokers play The Good Will Social Club on Thurs., Oct. 15. Heartbeat City and astre open the show. Tickets are \$12 at Ticketfly. The show is part of UFM's Pledge-O-Rama. Showtime is 10 p.m.



Dean Brody CONTRIBUTED

COUNTRY MUSIC

Expect chainsaws at Dean Brody concert

Fans who know what kind of a guy Dean Brody is shouldn't be surprised if a chainsaw comes out mid-concert this Friday night at the MTS Centre.

The Canadian country singer is co-headlining a cross-Canada tour with Paul Brandt, and he

has been known to wield a Husqvarna on stage for a solo unlike any other in music.

"Paul and I are having a blast with the surprise elements of the show," said Brody. "I love those moments where I look out and see my fans going, 'What

the heck is he doing?!' That's the best."

Brody is no stranger to having sawdust on his shirt-sleeves. He has a home on the ocean just outside of Halifax, and has expressed in his songs a preference for country over city living.

"I think city folks (in my audience) can appreciate the country way of life, because at some point in their lives they've all had a country experience," he said.

City folks have been good to Brody, giving him twin CCMA and JUNO Awards last year for

Country Album of the Year. Last month his single Upside Down won the 2015 CCMA Award for Video of the Year.

2015 CCMA Female Artist of the Year Jess Moskaluke will open the show.

NIGEL MOORE/FOR METRO

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Theft easy with keys: MPI

STATISTICS

Surprising numbers lead to a simple message



Shane Gibson
Metro | Winnipeg

Believe it or not, thieves will have a much harder time stealing your car without the keys.

That's the message from Manitoba Public Insurance, Winnipeg police, and CAA Manitoba after stats released Wednesday show 75 per cent of the 400 vehicles stolen in Manitoba since spring were started by thieves who had the owner's keys in their hands.

"Two-thirds of all vehicles across the whole province have immobilizers... but immobilizers won't work if the key is in the vehicle," said Manitoba's Attorney General Gord Mackintosh, the minister in charge of MPI. "Protect your keys, protect your vehicles."



Det. Cory McKillop, of the Winnipeg Police Service's Stolen Auto Unit, warns drivers to make sure they know where their car keys are at all times. Numbers from MPI released Wednesday show 75 per cent of vehicles stolen in Manitoba since spring were started by the owner's own keys. SHANE GIBSON/METRO

Det. Cory McKillop of the Winnipeg Police Service's Stolen Auto Unit said the immobilizer program has made a big dent in car theft.

Numbers from MPI show

about 1,500 were stolen provincewide last year compared to the nearly 10,000 that were stolen annually 10 years ago, but thieves are starting to catch up to the new environ-

ment.

"They are adapting," he said, noting thieves he's caught have said one in 10 cars they check has keys either in the ignition or a



When thieves see their moment, they tend to take it.

Det. Cory McKillop

spare hidden somewhere on the inside. "That's not a bad risk-to-reward ratio, if you ask me."

Manitoba CAA and MPI have joined forces with the Citizens on Patrol Program, whose members will be holding information sessions in communities around the province over the next few months giving tips on how to keep vehicle keys safe.

And it's not just making sure drivers know not to leave their vehicles running and unlocked to warm up through the winter, said McKillop, who warns thieves are also snagging keys left on a gas station counter or from jackets hung up at a restaurant.

"When thieves see their moment, they tend to take it," he said. "It can only take a second."

CRIME

Winnipeg police make first major fentanyl bust; two people charged

A man and woman are facing charges after Winnipeg police found raw fentanyl powder during a raid in St. Vital Tuesday.

Police found 81 grams of fentanyl powder, six 80 mg fentanyl pills, five Restoril pills, 25 hydromorphone pills and just shy of \$17,500 in cash during the raid in the 200 block of St. Anne's Road. Police say the seized drugs have a street value of \$10,000.

Police say this is their first major fentanyl bust in the city.

Grayson Richard Paris, 36, and Lauren Sara Zegarac, 33, both of Winnipeg, are both facing various trafficking related charges as well as a charge each of possession of the proceeds of property obtained by crime.

Both of the suspects been detained in police custody.

METRO

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READY TO ENGAGE

Metro's coast-to-coast daily election series connects young, urban Canadians to the issues they care about



VOTER PROFILE

Name: Kevin Settee **Age:** 25 **Riding:** Winnipeg Centre
His issues: Tuition reform, climate change, child care, oilsands expansion and indigenous rights

Petty politics won't resolve problems



ROSEMARY WESTWOOD
in Winnipeg

There are fewer than two weeks left in this election, and Kevin Settee is feeling overloaded.

He also sounds disgusted. In the 25-year-old's riding, Winnipeg Centre, candidates have been battering each other over who has real street cred — i.e. condemning each other for not living in the riding. NDP incumbent Pat Martin has had to apologize for profane outbursts aimed at competitors (e.g., "political slut"; "son of a bitch").

"It's disrespectful to the constituents," Settee says of the petty politics. Born and raised in the city's west end and a new father to a nine-month-old boy, Settee calls the race "the laughing stock of Canada."

"That's overshadowed a lot of the issues that we experience here in Winnipeg Centre. Real issues aren't being talked about or addressed."

As an urban geography student at the University of Winnipeg, top of mind for Settee is student tuition, debt and job prospects. He speaks of employment as a matter of dignity.

"In Canada, our students have a combined \$16-billion debt for student loans.

That's not even including student lines of credit and credit cards. When students graduate they're going into a precarious job market that doesn't pay good, and it's very difficult for them to start a family or buy a home and start to contribute to the economy."

As a new father, he's also concerned about access to quality child care.

"In the inner city of Winnipeg, there's high rates of poverty and families living in poverty. One of the ways to address that is child care." Single parents or those struggling can go back to school or get training to find jobs if they have child care, he says.

Settee is also concerned about pipeline development, the expansion of the oilsands and the impact of both on climate change.

"I'd like to hear Canada talk about a transition plan. What's the transition going to look like from an economy dependent on fossil fuels and the development of tar sands and moving into more renewable, clean energy sources, such as geothermal, hydro, wind, solar," he says. "In terms of me and my son, and my grandchildren, I think we need to start looking at ways to address climate change and protecting water for the next seven generations."

He's got more research to do before deciding how to vote, but he says he's skeptical of the NDP's plan to build refineries on Canada's coasts, and also criticized the Liberals for supporting Bill C-51.

He'd like to see an MP with a strategy to help increase jobs and economic prospects on First Nation reserves, and a strategy to unify support for indigenous Canadians moving to bigger cities. An MP that will improve the integration of immigrants into Winnipeg, too.

"I want to vote for somebody who understands the community, is going to best represent Winnipeg Centre in Parliament, who's going to stand up for services and advocacy that Winnipeg Centre residents need," he says, adding that he'd also like "a government that respects indigenous pluralism and self-determination, on and off reserves."

Settee's not sure if any party can or will change the way indigenous Canadians are treated. "I don't think it's given. I think you need to advocate for yourself and your community. We have to work hard for our rights."

Rosemary Westwood is travelling across the country talking to young voters. She'll be in Toronto tomorrow.

Environmental issues 'derailed'

As campaign riles up, leaders shift focus from climate change



Matt Kieltyka
Metro | Vancouver

Recent political bickering has sidelined an otherwise strong showing for environmental issues in this federal election, according to the David Suzuki Foundation.

From huge commitments for transit infrastructure spending by all parties, the NDP's proposed cap-and-trade system, the Liberals' plan to phase out fossil fuel subsidies and the Greens calling out the other parties for their continuing support — explicit or otherwise — for various pipeline projects, foundation spokesman Alvin Singh is satisfied the environment has worked its way into the public's mind.

"(The leaders) have been talking about how the environment isn't a distinct issue," said Singh, who sees environment, health care and the economy as entwined issues that can't



As the federal leaders have squared off, The David Suzuki Foundation has praised the NDP's plan for a cap-and-trade system as "one of the most powerful government incentives" available to address climate change. THE CANADIAN PRESS FILE

be treated separately. "Across the board, parties are starting to invest in transit infrastructure and a number of parties are talking about transitioning to a fossil-free future."

The focus on the big picture issues, and the recognition that the environment plays a crucial role in all of them, is progress in itself, according to Singh.

However, talk of the economy, health care and the environment — while featured prominently in the early debates — seems to have been pushed aside in favour of the furor over niqabs, national security and human rights of

late.

As leaders have gotten riled up and the intensity of the campaign has ratcheted up, Singh admits talk of the environment has been "derailed" to some degree, at the expense of what matters most to voters.

According to a recent poll conducted by the Environics Institute and the David Suzuki Foundation, 61 per cent of Canadians believe government should co-operate with other nations to reduce carbon emissions, even if it results on some job losses and higher prices for some goods and the majority (58 per cent) are in favour of a carbon tax similar to British Columbia's.

When it comes to each party's platform, the David Suzuki Foundation is still crunching the data and preparing their environment report card after the Oct. 19 election.

(The leaders) have been talking about how the environment isn't a distinct issue.

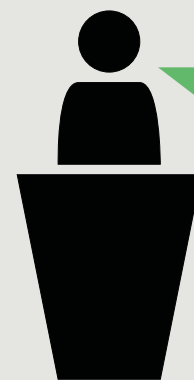
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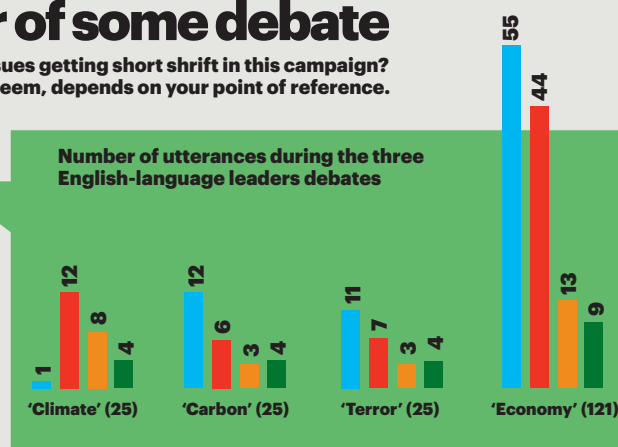
BY THE NUMBERS

A matter of some debate

Are environmental issues getting short shrift in this campaign? The answer, it would seem, depends on your point of reference.



Number of utterances during the three English-language leaders debates





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Harper vows wider niqab ban

ELECTION 2015

NDP, Liberals condemn plan as bid to distract voters

Stephen Harper took the politics of niqabs to a higher level Wednesday, suggesting a re-elected Conservative government would consider legislation banning the Muslim face covering for anyone dealing with — or working for — the federal government.

He opened the door earlier in the week with a CBC television interview, saying niqabs could be nixed in the public service — echoing similar comments last week in the French-language leaders' debate.

But on Wednesday, the Conservative leader went further, lauding Quebec's Bill 64, which requires those who wear face coverings to remove them if they want to work in the public sector — or do business with government officials. Although tabled in the National Assembly, the bill has yet to be debated.



Conservative Leader Stephen Harper talks with Rebecka Byk during a campaign stop in Saskatoon, Sask., on Wednesday. NATHAN DENETTE/THE CANADIAN PRESS

He called the Quebec Liberal government's approach measured and pledged that when it came time for federal legislation, he would follow their lead.

As if to hammer home the point, the Conservatives re-

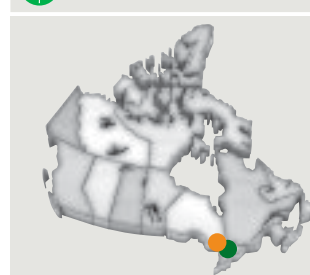
leased online attack ads in French, going after Justin Trudeau's position on the niqab.

A proposed ban on niqabs in the federal civil service would affect an infinitesimally small number of bureaucrats — if any

at all. Statistics from 2011 show only 1.8 per cent of 257,000 federal employees are Muslim women and only a small subset of them is likely to wear face coverings.

The Conservatives have al-

WHERE THE LEADERS ARE THURSDAY



• Stephen Harper's itinerary was not available.

• Justin Trudeau's itinerary was not available.

• Tom Mulcair will be in Toronto.

• Elizabeth May will be in Guelph, Ont., and Toronto.

ready tried to require Muslim women to show their faces at citizenship ceremonies, but those rules are being challenged in the courts. Harper's comments on Wednesday make clear he is eyeing additional legislation to require women to unveil every time they want services from the federal government.

Harper insisted his government has been "saying the same thing for several months" on the issue.

Both Trudeau and NDP Leader Tom Mulcair condemned the latest proposal as an attempt to distract voters from serious

questions about Conservative management of the economy.

Mulcair said, in Enoch, Alta., that what Harper was doing was "bizarre" and "dangerous" and part of a broader political strategy aimed at getting the Conservatives re-elected by accentuating differences rather than bringing people together.

Trudeau, in London, Ont., said Harper's divide-and-conquer approach "is unworthy of the office he holds and he needs to stop."

"No election win is worth pitting Canadians against Canadians."

THE CANADIAN PRESS

ELECTION 2015

'Harperman' turned Turner into an accidental activist



Michael Woods
Metro | Ottawa

It has been a whirlwind few weeks for Tony Turner. The federal scientist was suspended from his Environment Canada job eight weeks ago and investigated for writing the Harperman protest song. The song took off, garnering more than 680,000 YouTube views and sparking nationwide singalongs last month.

Last week, Turner retired, making him free to speak publicly. This interview has been edited and condensed for length and clarity.

Did you expect the song to become as big as it was?

I didn't expect the song to go viral the way it had. I wrote that song way back in March. I played it for the first time at a May Day rally and I thought that was going to be the end of it. I think there were other people who saw a political usefulness that could be made of the song, so we did the video and then we put it on YouTube. I guess my suspension created the big news story that made it go viral.



Tony Turner after performing his song at a Green Party campaign rally in Vancouver on Saturday. THE CANADIAN PRESS

Why did you write it?

Not unlike a lot of Canadians, I was just unhappy with the prime minister and our leadership in this country. The song-writing contest was to write either a protest song or a song of hope, and I thought well, this is an election year so I'm going to write a protest song. I found the inspiration for it from a social justice newsletter with a dozen things the Harper government has done to undermine democracy, and I added to it.

It was for a song-writing contest? How did you do?

Well, I won. The prize was to play it at this May Day rally, and I'm playing with all these labour people and I'm standing on stage thinking, 'Wow, all of a sudden I'm a labour activist.' I just got thrown on stage to sing the song, and I didn't really realize the potential of it and how it would resonate with people.

Did you think you would face professional consequences for writing it?

I wrote it and I performed it, but other people promoted it, created the website and organized events like the national singalong day on Sept. 17. The allegations of the government suggested that I kind of masterminded the whole thing, and that's just totally inaccurate.

Anything I wrote or said has nothing to do with the nature of my job. Environment Canada's values and ethics code says that you have to maintain your impartiality and your objectivity in your duties. I've done that. Has my ability to do my job in an impartial and objective manner been compromised? I would say no, and my union agrees with me.

OVARIAN CANCER

Health Canada OKs Avastin



Lucy Scholey
Metro | Ottawa

Canadian women battling recurring ovarian cancer diagnoses now have another treatment option.

Health Canada approved Avastin, a targeted therapy that blocks the blood vessels cancer cells need to grow and metastasize. In Canada, it's the first new drug for ovarian cancer in 15 years.

Dr. Michael Fung-Kee-Fung, division head of surgical oncology at the Ottawa Hospital, calls it a "great advancement."

"Ovarian cancer, historically, has always lagged a little bit behind in terms of getting research funding compared to some of the other larger ... more prominent cancer types," he said. "Avastin is an example of a drug which has actually made its way through the investigation phases to actually come to clinical practice."

The drug is taken intra-

venously and in parallel with chemo treatments. It's "extremely well tolerated," said Dr. Fung-Kee-Fung, with side effects like high blood pressure.

Up until this point, only chemotherapy and surgery were available for women diagnosed with the disease that bears symptoms as subtle as bloating and gastric upset.

This year, about 2,800 women will be diagnosed with ovarian cancer and about 1,750 will die from the highly aggressive disease.

TRAILER PARK BOYS

Video pushes students to vote



Zane Woodford
Metro | Halifax

If you don't vote, you're a s--- weasel. That's the message from drunk trailer park supervisor Jim Lahey and his cheeseburger-loving partner in crime Randy in a new video from the Dalhousie Student Union in Halifax.

"My job today is to encourage all you little s--- apples to get out and vote," says Lahey, played by actor John

Dunsworth, in the video.

Lahey tells Randy that students can have an effect on the outcome of the upcoming election if they vote.

Randy, played by actor Pat Roach, asks if Lahey will be running for prime minister, and says he'll be voting for the Cheeseburger Party.

The video is part of the student union's #itsnosecret campaign, urging students to get to the polls.

Polls are set up at Dalhousie this week till Thursday at 8 p.m., allowing students to vote

66

My job today is to encourage all you little s--- apples to get out and vote.

Jim Lahey, played by actor John Dunsworth

in their home ridings.

The Cheeseburger Party, unfortunately for Randy, won't be on any of the ballots.

NOBEL PRIZE

DNA research honoured

Three scientists from Sweden, the U.S. and Turkey won the Nobel Prize in chemistry on Wednesday for showing how cells repair damaged DNA, work that's inspired the development of new cancer treatments.

Swedish scientist Tomas Lindahl, American Paul Modrich and U.S.-Turkish national Aziz Sancar shared the 8 million Swedish kronor (about \$960,000) award for research done in the 1970s and '80s.

The Royal Swedish Academy of Sciences said their work on DNA repair had provided "fundamental knowledge" about how cells function and shed light on the mechanisms behind both cancer and aging.

The findings are significant for cancer research, because cancer cells are kept alive by DNA repair mechanisms. Researchers are now looking at ways to destroy the repair mechanisms within the cancer cells to kill them, academy member Peter Brzezinski said.

THE ASSOCIATED PRESS

Obama apologizes

AFGHANISTAN

U.S. airstrike hits hospital, killing staff and patients

U.S. President Barack Obama apologized to Doctors Without Borders on Wednesday for the American air attack that killed at least 22 people at its hospital in Afghanistan and said the U.S. would examine military procedures to look for better ways to prevent such incidents.

Obama's telephone call to the group's international president, Joanne Liu, came a day after the White House had stopped short of an apology, waiting to learn more while acknowledging that the attack was a U.S. mistake. White House spokesman Josh Earnest said Obama offered condolences to the staff and pledged a "transparent, thorough and objective accounting of the facts."

"When the United States makes a mistake, we own up to it, we apologize where appropriate and we are honest about what transpired," Earnest said.



U.S. President Barack Obama speaks in the East Room of the White House in Washington on Wednesday. PABLO MARTINEZ MONSIVAIS/THE ASSOCIATED PRESS

He described Obama's apology as "heartfelt."

Liu confirmed the apology and, in a written statement, reiterated her organization's call for the U.S. government to consent to an independent investigation "to establish what happened in Kunduz, how

it happened and why it happened."

Emerging details about the erroneous strike have only fuelled growing condemnation by Doctors Without Borders and other aid groups in the four days since the clinic in the northern city of Kunduz came under heavy fire

that killed a dozen staffers and 10 patients. After initial confusion, officials determined the U.S. had carried out the strike, an admission that complicates delicate U.S. efforts in Afghanistan as Obama weighs how many troops to leave there.

THE ASSOCIATED PRESS

PALLIATIVE CARE

Britain tops in 'quality of death'

Britain topped an 80-country "quality of death" study released Tuesday, which warned that aging and booming populations would make palliative care a growing worldwide issue.

The 2015 Quality of Death Index, compiled by the London-based Economist Intelligence Unit, found Britain to be the best at palliative care.

"Its ranking is due to comprehensive national policies, the extensive integration of palliative care into the National Health Service, a strong hospice movement and deep community engagement on the issue," the EIU said.

Britain was followed by Australia, New Zealand, Ireland, Belgium and Taiwan. Canada came in at 11th place.

Palliative care provision was found to be worst in Iraq among the 80 countries studied, with Bangladesh, the Philippines, Nigeria and Myanmar rounding out the bottom five.

AFF

ISRAEL

Civilians stabbed

Palestinian assailants carried out a series of stabbings across Israel on Wednesday, jolting an anxious country unnerved by weeks of unrest as clashes between Israeli forces and Palestinian demonstrators raged across the West Bank.

The unrest began three weeks ago and has spread from the confines of a sensitive Jerusalem holy site to spots across Israel and the West Bank. In Wednesday's violence, stabbings occurred outside a crowded mall in central Israel, in a southern Israeli town

and in the Old City of Jerusalem.

Israeli forces shot two of the attackers, killing one, while a third was arrested. No Israelis were seriously hurt. Another Palestinian was wounded when he was shot by police after he attempted to run over an officer at a West Bank checkpoint, police said.

In all, four Israelis have been killed in stabbings and a roadside shooting in recent days, while five Palestinians, including three attackers, have been killed.

THE ASSOCIATED PRESS

SYRIA

Cruise missiles fly in Russian offensive

Russian warships in the Caspian Sea fired cruise missiles Wednesday as Syrian government troops launched a ground offensive in central Syria in the first major combined air-and-ground assault since Moscow began its military campaign in the country last week.

The missiles flew nearly 1,500 kilometres over Iran and Iraq and struck Raqqa and Aleppo provinces in the north and Idlib province in the northwest, Russian officials said. The

Islamic State of Iraq and the Levant group has strongholds in Raqqa and Aleppo, while the al-Qaida-linked Nusra Front has a strong presence in Idlib.

Activists and rebels say the targets have included Western-backed fighters and other groups opposed to President Bashar Assad.

The developments come a week after Russia began airstrikes in Syria, its longtime ally, on Sept. 30.

THE ASSOCIATED PRESS

IN BRIEF

Five arrested over elephant poisoning

A Zimbabwean wildlife official says five people are in police custody and being questioned over the killing of 11 elephants poisoned by cyanide at Hwange National Park in the west of the country.

In addition to the elephants killed at Hwange park, three others were poisoned by cyanide near Kariba in northern Zimbabwe in the past two weeks.

THE ASSOCIATED PRESS

Holocaust photo archive going online and free

The International Tracing Service says it has begun putting its Holocaust-era archive online for the first time, including photos of items seized from concentration-camp victims and other historical documents.

The archive said Wednesday the materials are now available at no charge on its site. The 50,000 images posted so far represent only a small part of its collection of some 30 million documents.

THE ASSOCIATED PRESS

Keewatinohk Converter Station

Project Employment Information Session

Tuesday, October 13th 3:00 pm - 7:00 pm

Viscount Gort Hotel

1670 Portage Ave, Winnipeg, Manitoba

The Keewatinohk Converter Station, located 45 km north of Gillam MB, is a large Siemens/Mortenson construction contract that will be an integral part of Manitoba's 1,400 kilometre Bipole III HVDC Transmission Reliability Project.

Everyone is welcome to attend our Employment Information Session to learn more about the Keewatinohk Converter Station and the upcoming employment opportunities for Designated, Non-Designated, and Support & Services Trades.



Flood danger persists

SOUTH CAROLINA

Storm could 'break the bank,' says senator

Rivers rose and dams bulged Wednesday as South Carolina faced another anxious day of waiting for the floodwaters to recede, and dive teams searched for two people who disappeared in waters after they drove around a barricade.

Along the coast, residents prepared for a second round of flooding as rivers swollen from days of devastating rains make their way toward the Atlantic. In the Columbia area, where some returned home to assess damage and clean up, the threat of more flooding still hadn't lifted.

About 1,000 residents near the compromised Beaver Dam were told to evacuate Wednesday morning, though the order was lifted several hours later when crews shored up the dam.

U.S. Senator Lindsey Graham warned the disaster could



Flooding surrounds homes in the Carolina Forest community in Horry County, between Conway and Myrtle Beach, S.C. JANET BLACKMON MORGAN/THE SUN NEWS VIA THE ASSOCIATED PRESS

"break the bank" of federal emergency funds, possibly topping more than \$1 billion.

At least 17 people in South Carolina and North Carolina have died in the storm.

Gov. Nikki Haley took an aerial tour of damaged areas Tuesday, and planned

to visit the coast Wednesday afternoon.

"We are watching this minute by minute," she said. She said evacuations may be needed toward the coast because of swollen rivers.

At a shelter in Columbia, Graham said it would take

weeks to get a good damage assessment.

"We're talking hundreds of millions (of dollars), maybe over a billion," he said.

On Tuesday, the governor said it could be "any amount of dollars."

THE ASSOCIATED PRESS

HURRICANE JOAQUIN

Search called off for missing crew

The Coast Guard plans to end its search at sunset for 33 missing crew members from a U.S. cargo ship that sank last week during Hurricane Joaquin, officials announced Wednesday afternoon.

Robert Green, father of missing crew member LaShawn Rivera, said despite the decision, "I think we're still hopeful. Miracles do happen, and it's God's way only. I'm prayerful, hopeful and still optimistic."

The 790-foot cargo ship sank Thursday off the Bahamas during Hurricane Joaquin, a Category 4 storm with 225-km/h winds that was producing 15-metre waves. Officials say the ship's captain had plans to go around the storm as he headed from Jacksonville, Florida, to Puerto Rico but the El Faro suffered unexplained engine failure that left it unable to avoid the storm.

Earlier, federal investigators said they still hope to recover a data recorder — which begins

ping when it gets wet and has a 30-day battery life — from the ship as search crews continue looking for any survivors.

The National Transportation Safety Board sent a team to Jacksonville on Tuesday to begin the agency's inquiry, which will help determine why the captain, crew and owners of El Faro decided to risk sailing in stormy waters.

Another question is whether the five workers whose job was

to prepare the engine room for a retrofitting had any role in the boat's loss of power, which set the vessel adrift in the stormy seas. Officials from Tote Inc., the vessel's owner, say they don't believe so.

But the question — along with the captain's decision to plot a course near the storm — will help investigators figure out why the boat apparently sank near the Bahamas, possibly claiming the lives of all 33 aboard.

THE ASSOCIATED PRESS



Miracles do happen, and it's God's way only. I'm prayerful, hopeful and still optimistic.

Robert Green

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All Brazil's A-listers demand C-sections

SOUTH AMERICA

Procedure now status symbol for the wealthy

Caesarean births aren't typically associated with luxury.

But the procedures have become de rigueur among Brazil's wealthy, with new mothers at some high-end clinics enjoying beauty treatments after the operation in a culture that has come to regard births as glamorous social events. In private clinics nationwide, C-sections account for more than eight of every 10 births.

Authorities want to turn the tide on what Health Ministry officials have called an "epidemic" of caesareans births in the country, with Brazil now the world's No. 2 recipient of C-sections, second only to China. They have designed new rules aimed at discouraging the procedure when it's medically unnecessary, saying C-sections dramatically raise the risk of respiratory problems for the infant and death for the



Relatives watch as Romulo Coelho holds his newborn daughter, born via caesarean section at the Perinatal Clinic in Rio de Janeiro, in 2012. THE ASSOCIATED PRESS FILE

mother.

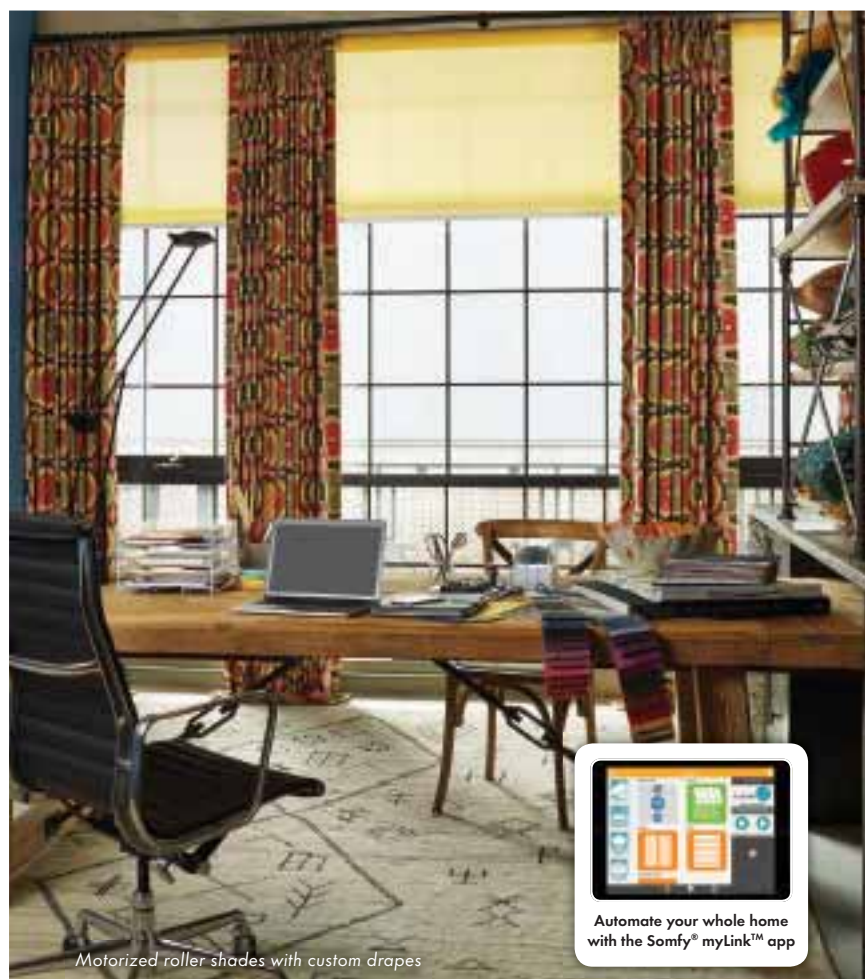
The vast majority of Brazil's mothers-to-be prefer C-sections, which have become something of a status symbol. Even in the country's poor public hospitals, where any Brazilian can seek free health care, C-sections represent around 40 per cent of deliveries — more than the United States' 33 per cent rate, which public health experts consider high.

In France, C-sections account for around 20 per cent of births; in Sweden, 17 per cent.

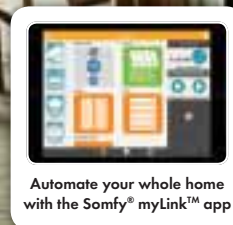
"The very special first meeting of mother and child has been transformed into a party. And any party has to have a specific time and place, so hence the caesareans," said Dr. Marcos Dias, a Rio obstetrician who advocates natural childbirth.

THE ASSOCIATED PRESS

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NEW BRUNSWICK

Analyst tracking hackers

As use of the Internet has exploded, so has the number of malware attacks around the world — and now a researcher at the University of New Brunswick is trying to unlock the digital fingerprints of hackers who are after your money and personal information.

Natalia Stakhanova has begun a five-year research project aimed at trying to determine the digital profile of people developing certain types of malicious software, or malware.

She is focusing on the binary side of existing malware to look for clues about the source of an infection and the kinds of tools used to develop it. Her team will also try to determine whether the malware was targeting a specific person or if it is more random.

"We hope to at some time be able to identify where it comes from. So we'll know who wrote it, why he wrote it, how it was written and where that person lives," she said.

THE CANADIAN PRESS

'Blue Jay flu' won't fly

EMPLOYMENT

Bosses also likely won't accept baseball as a religion

Though you may be tempted to book off work Thursday or Friday with "Blue Jay flu," you're better off just catching updates at your desk, advises David Doorey, professor of labour and employment law at York University. Torstar News Service asked him what bosses will think of this sudden illness.

Can employees get away with calling in sick?

A different sort of bird flu is going around, but don't expect bosses to be sympathetic. Any employee who lies about being sick to sneak off to the sports bar is putting their job at risk.

What are the repercussions if you're caught?

Dishonesty and unauthorized absenteeism are both violations of an employment contract that an employer could respond to by discipline or



Fans are hyped up to watch the Blue Jays take on the Texas Rangers on Thursday and Friday in the Toronto team's first playoff games in 22 years. THE CANADIAN PRESS FILE

even termination. Non-union employees have less protection because their employers can always fire them for absenteeism, unless the absence is due to a disability or religion. Baseball may be a religion to some, but the law doesn't see it that way. If a group of unionized employees scheme to all call in sick and watch the game together, that would be an illegal strike that could result in discipline, termination and

even an order to pay the employer damages for lost productivity.

From the boss' perspective, is this heavily frowned upon?

Taking the odd day off is one thing. Lying to the employer about the reason for the absence is quite another. Dishonesty is treated as a serious breach of the employment contract, and most employers have little tolerance for it.

What about just watching the game at work: Is this acceptable in the workplace?

Depending on the work environment, allowing your employees to watch the game at work could be a great morale-building human-resources strategy.

This obviously wouldn't work for all workplaces, since it will mean a very unproductive four hours.

TORSTAR NEWS SERVICE

IN BRIEF

Half of microbusinesses needed \$100K or less: Poll

Half of businesses with fewer than 10 employees were able to launch with \$100,000 or less, and one in 10 needed only \$2,500 or less, a Bank of Montreal poll says. THE CANADIAN PRESS

Real-estate investors shifting focus: Report

A PwC Canada and Urban Land Institute report on real-estate trends says foreign investors may start looking beyond Toronto and Vancouver and begin targeting markets in Montreal and Saskatoon.

THE CANADIAN PRESS

market minute

	DOLLAR 76.54¢ (-0.22¢)
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	GOLD \$1,148.70 US (+\$2.30)
NATURAL GAS: \$2.474 US (+0.4¢)	
DOW JONES: 16,912.29 (+122.10)	

MEDIA

Tech firms seek to deliver, speed up news on phones

Technology giants including Apple, Facebook, Snapchat and now Google want to take charge of how we get and see news on our phones.

Google on Wednesday was the latest company to announce a news-focused tool. It is designed to speed up how fast stories appear on a phone's screen after a Google search. It's not widely available yet, but could emerge as a key source of traffic and ad revenue for publishers, and not just news providers, as people increas-

ingly rely on their handheld gadgets.

Google is following other trendsetters that already have put their own twists on how news flows through phones. Facebook in May started testing "Instant Articles," which load news stories faster from a handful of publishers, like the New York Times, BuzzFeed and the Washington Post, inside the social network's mobile app.

Apple's News app, which came automatically built-in to the latest version of its mobile

+ DIGITAL TREND

Phones, tablets draw more readers than computers

Out of 51 top digital news outlets — which included video-heavy sites, online arms of traditional news-

papers and digital-only brands — only nine had a bigger audience on personal computers than on phones or tablets, says the Pew Research Center.

operating system (released last month), has stories from dozens of media brands.

The Discover feature of disappearing-messages app Snapchat, launched in January, cur-

rently has stories and video from 14 media brands, including CNN, Mashable, BuzzFeed, People and Vice.

Phones and tablets are becoming more important to pub-

lishers, but stories and video can take several seconds to load on the mobile web, to the exasperation of impatient readers and revenue-starved publishers that may lose an opportunity to sell ads.

Facebook is speeding up how fast articles from participating publishers load. The feature is supposed to save at least several seconds because the news articles appear immediately.

Google's version speeds up stories clicked on after a Google search or in a Twitter feed,

for example.

Snapchat's popularity with young people came from its disappearing-messages function before it started Discover, which you swipe over to when you're already inside Snapchat.

Apple did build a news app that you can tailor to your interests. There are similar services that already exist, like Flipboard. But Apple made it easier on iPhone users by including its app in the latest mobile operating system.

THE ASSOCIATED PRESS

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metro VIEWS



Researchers find missing lines of the 3,000-year-old Epic of Gilgamesh on a tablet bought from a smuggler — under a 'no questions asked' rule some archeologists worry encourages black-market trade.

CHANTAL HÉBERT: ON THE NIQAB DEBATE



“With a deal to create a free-trade zone across the Pacific Rim, the assumption was that the Conservatives would want to shift the conversation away from identity politics.”

Against the expectations of many — including some of his own strategists — Stephen Harper has thrown the niqab issue back into the mix of the last stretch of the federal campaign.

With a deal to create a free trade zone across the Pacific Rim in hand the assumption was that the Conservatives would want to shift the conversation away from identity politics and back to the more central theme of the economy.

Instead, in a CBC interview on Tuesday, Harper breathed new life into the niqab discussion, suggesting a re-elected Conservative government might follow Quebec's example and ban the face-covering veil across the federal workplace.

That comment predictably stole the show from the just-negotiated Trans-Pacific Partnership.

Harper had raised the possibility of imposing a niqab ban on federal civil servants and those that they provide services to on a stop in Quebec last week and — in passing — on the set of the last French-language leaders debate on Friday.

But Tuesday's CBC interview marked the first time he was as explicit on English-language national television on both the pursuit by the Conservatives of a niqab ban for the purpose of taking the oath of citizenship and the notion that the prohibition might be expanded.

It could be argued that Harper was just answering questions. But he is a seasoned politician.

He could have limited his remarks to the ongoing government efforts to have Muslim women unveil their faces to take the oath, the better to

focus on his trade deal.

He had to have known that his niqab answer would stir the pot.

On Wednesday in Saskatoon, Harper pushed the envelope a bit further, calling the Quebec plan for a comprehensive niqab ban a “responsible” one.

By all indications, the Conservatives believe there is still political capital to be gained from a culture war over the niqab.

But as they expand the front of that war from Quebec to the rest of Canada, they are also shifting targets.

Their latest French-language ad take Justin Trudeau to task for opposing a niqab ban.

In contrast with NDP Leader Thomas Mulcair, who has taken a hit over his opposition to a veil ban in Quebec, Trudeau, who shares the same

position, has so far emerged unscathed.

He picked up a major editorial endorsement from La Presse this week. It is the first time since 2000 that the Montreal daily explicitly endorsed the Liberals in a federal election.

Some polls have Trudeau in the lead in Ontario. Most have the Conservatives and the Liberals neck-and-neck nationally.

Going in the last two weeks of the campaign, Harper strategists may have hoped that the Liberal leader would join Mulcair on the TPP barricades.

Harper could then have spent the last stretch defending the projected benefits of his trade agreement against all comers. He could have counted on a chorus of pro-TPP constituencies to echo his message. Except that the Liberal leader has declined to

come out against the trade deal.

Raising the niqab stakes in an effort to drag Trudeau down is not a risk-free strategy. The widespread support for the removal of face-covering veils for the taking of the citizenship oath is steeped in symbolism. Banning women who wear the niqab from working in the federal civil service and from receiving government services unless they unveil could be widely seen as a different proposition.

In the immediate aftermath of Harper's CBC interview, some observers mistakenly suggested the Conservative leader was stealing a page from the Parti Québécois' secularism charter. In fact, it is Liberal Premier Philippe Couillard's example that Harper might follow.

The Parti Québécois would have imposed a secular dress code on anyone working in Quebec's public sector. Its proposed ban would have applied — among other religious garments — to the Jewish kippa, the Muslim hijab, and the Sikh turban. Like Harper, the Quebec Liberals are focusing on face-covering veils in their bill.

But if the Conservative leader's statements had some otherwise well-informed pundits initially confused, more than a few voters — particularly in the cultural communities that will determine the outcome of the crucial suburban vote later on Oct. 19 — could understandably feel less than clear about the extent of Harper's actual intentions.

Chantal Hébert is a national affairs writer. Her column appears in Metro every Thursday.

metroview

Old age: It's going to happen to you. And most of us aren't ready



Diane Baker Mason
For Metro

You think it won't happen to you. You won't end up warehoused in some underfunded institution. You'll live at home, maybe hire a helper. If you must, you'll move to a nice facility with superlative care. As for the cost, the government covers that, right?

Wrong. Most Canadians are under the illusion their long-term care is covered by government plans. But anyone who needs long-term care soon finds themselves in a financial and bureaucratic quagmire — a patchwork of services and facilities, with limited (if any) government support. There are waiting lists, inconsistent qualification procedures and significant expense for both institutional and in-home care. It is easy to fall through the gaps.

Rarely are private savings and insurance adequate to pay for our care. Usually the cost far exceeds the average person's savings. As for insurance, fewer than one per cent of Canadians purchase coverage for long-term care,

possibly thinking it's not something they have to pay for.

But we do pay, mostly from our own private funds. If that's inadequate, we are often thrown into a semi-subsidized system with many gaps in it.

While it should be a national priority that quality long-term care be available to every Canadian, Canada's plans for establishing and funding universal long-term care are virtually nonexistent. The federal parties speak mostly about the Canada Pension Plan and Old Age Security. Only the NDP promises a revised health accord that might address some long-term care issues.

But even a revised accord would not solve the funding problem. The answer lies in a public insurance plan. Such a plan would cover assistance with daily living as well as out-of-hospital professional services beyond those covered by the Canada Health Act. Studies by public-policy groups have explored options for such plans. But we continue to turn a blind eye to the problem of funding our increasing need for long-term care.

This isn't something remote from us — something that a separate group of “old people” are facing. We are the “old people.” If it's not our personal problem right now, it will be soon enough. So let's all start looking at this now. To paraphrase that wise old man, Mick Jagger, time is not on our side.

Diane Baker Mason is a Toronto-based novelist, writer and retired lawyer.

Anyone who needs long-term care soon finds themselves in a financial and bureaucratic quagmire.

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2015 Renovation Awards



ADDITION A1

Added 148 sq. ft. to the side of the house which allowed us to enlarge the kitchen and incorporate a new side entrance into the house. The addition included a mudroom and main floor laundry area.

ADDITION A2

The transformation of this 1961 home started with the request for an addition towards the front street to expand the existing kitchen and dining space. The homeowners needed more space for daily activities.

ADDITION B1

The homeowners added 255 sq. ft. to the main floor, split between the kitchen, mudroom and master bedroom. A 126 sq. ft. front porch was also added. The 2nd floor was renovated and expanded by 400 sq. ft.

ADDITION C1

This late 60s 2-storey had a dated exterior façade, never having been upgraded. The owners also wanted the garage enlarged, the kitchen and dining room renovated, and the front entrance expanded.

ADDITION D1

To expand the indoor & outdoor living space, a 900 sq. ft. addition was built, complete with double car garage, a large composite deck, and a show stopping 300 sq. ft. timber framed screen room.

BASEMENT A1

This mid 70s home needed attention in the basement after being flooded. We incorporated an open rec-room with a walk up bar, an additional window to accommodate a bedroom, electrical panel and plumbing relocated to accommodate laundry space.

BASEMENT B1

The homeowners wanted a place to entertain, play and work out in their 3,000 sq. ft. basement. They added a completely soundproofed media room, a large restaurant-like wet bar, glass enclosed workout area, kids play/game space, great room, two bedrooms, two bathrooms, storage room and an office.

BASEMENT B2

To develop a previously undeveloped basement to accommodate a growing family, exterior walls were stripped back, walls were re-framed and insulated, joist ends were spray foamed, interior walls were noise proofed, and a plan was developed to complete this high end basement, while maintaining a budget.

BASEMENT B3

The family had a floor plan for their unfinished basement that was rather typical but needed to include one bedroom, an exercise room, open media area, games area, large bar, full bath and mechanical/laundry/storage area. They included a recessed fish tank, curved walls and a mix of materials which incorporated natural elements including some cultured stone accents.

BATHROOM A1

Clients had an old outdated ensuite that they wanted updated with a couple of custom touches: A free standing tub with custom walnut shelving and a tiled featured wall. Shower includes a custom floating bench with glass doors, floating vanity, custom backsplash and another walnut shelf to finish off the space.

BATHROOM A2

We gutted down the master ensuite on an outdated condo to the studs and then rebuilt the space with custom shower with bench and glass door and a soaker tub. We installed in-floor heat under the tile, custom floating vanities, custom tile work and mirrors, LED pot lights in shower and bulkhead. Stone vessel sinks help to ground the space.

BATHROOM B1

To transform the outdated bathroom and create an airy and open feel, we incorporated a tub to shower conversion, removal of a partition wall added clear glass shower doors allowing for natural light from the window. Cultured marble shower panels, a flip-up seat in teak wood, and a complete make-over from a water-damaged ceiling, to removal of plaster walls and the replacement of outdated tile flooring.

BATHROOM C1

The homeowners wanted this bathroom reno to mimic the 1930s esthetic of the rest of the home but with a fresh perspective. The centerpiece is a classic cast iron claw foot tub. A pedestal sink – chosen for its small footprint – polished chrome plumbing fixtures, cove moldings, glass knobs and a simple black chandelier to draw the eye up to the 9' ceiling.

EXTERIOR A1

With the goal of updating their early 2000s stucco bungalow and to have an exterior that was indicative of mountain homes, the overall scale of the front elevation was substantially increased and large timbers and stonework were the anchors and focal points. We added various textures of hardboard siding and cedar shakes, large trims and fascia, massive timberwork and stone columns and oversize light fixtures.

EXTERIOR A2

We created a warm, rustic, and chic feel to this home using natural, earthy materials including solid fir timbers & stone, and crisp, white, siding. The large timber pergola makes a bold statement, which carries through the rest of the chalet-style design. The front eaves trough was hidden inside a matching fir channel.

KITCHEN A1

The dated cabinets and countertop were replaced and the cramped galley kitchen opened up by removing the wall. We built new cabinets, added light flat panel doors with under cabinet task lighting, Cambria quartz countertops with an under mount sink and marble backsplash. The flooring is a vinyl tile.

KITCHEN B1

The transformation of this 1975 kitchen started with the request for an updated and functional kitchen space. Half the existing space had an 8' ceiling and half was vaulted. Adding to the complexity was a post in the middle of the opening to the family room which really looked out of place. This family included 2 large dogs which we needed to consider when selecting durable finishes.

KITCHEN C1

The interior of the house needed a boost from the mid 80s to 21st century styling. A small brown Oak kitchen gave way to a large beautiful kitchen that was connected to and tied in with the dining room, front & center hallways. Dark marble cabinets coupled with light quartz counter tops dazzle amongst the white tile backsplash and multiple layers of lighting.

KITCHEN C2

This home from the 40s had an historical charm the homeowners wanted to preserve in this full kitchen renovation.

White shaker cabinets were softened with an inset cove moulding and complemented with crown moulding. Reclaimed bricks were hand-picked, sliced and veneered to mimic the existing fireplace surround and exterior of the home. The patina of the hardware, cinnamon stained hardwoods, traditional champagne faucet and cast iron sink infused warmth and character in this kitchen.

KITCHEN C3

The kitchen was small and did not allow for entertaining. We removed a partition wall allowing the kitchen to occupy the entire space. The dining room was moved into an adjoining room allowing a spacious kitchen with two islands and all of the amenities. The china cabinet alcove was used to accommodate a pantry. Hardwood flooring, LED recessed lighting and exotic granite countertops further enhance the beauty of the kitchen.



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– Any project that increases the enclosed square footage of a home for use on a year round basis.

Kitchens

– Any kitchen project that changes layout and/or cabinetry in the interests of improving traffic flow and/or changing appearance of the overall kitchen.

Bathrooms

– Any bathroom project that involves new fixtures, resurfacing walls and floors, and/or changing size or layout.

Exteriors

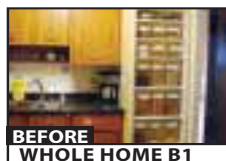
– Any project that changes the exterior appearance of the home.

Basements

– Any basement project that finishes a previously unfinished space or remodels an existing basement space.

Whole House

– Any project that renovates at least 75% of a home's interior square footage.



THE MANITOBA HOME BUILDERS' ASSOCIATION is pleased to feature the entrants in this year's RenoMark Renovators Council Awards. Pictures and descriptions of the projects that have been entered in this year's competition are illustrated here. Awards will be presented in November in six different categories – Additions, Kitchens, Bathrooms, Exteriors, Whole House and Basements. We are featuring 28 different projects by 11 outstanding MHBA RenoMark renovators; renovators who follow the highest professional standards in Canada.

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WHOLE HOME A1

To provide a much needed update we eliminated a wall between the existing dining area and the kitchen and relocated the entire kitchen towards the front of the house, using custom Tree Frog veneer cabinets, stunning Brown Eyes granite counter tops, glass mosaic backsplash, and stainless steel appliances.

The old pantry and fireplace were removed, making way for a new custom pantry, coffee bar, and entertainment area cabinetry.

WHOLE HOUSE A2

The transformation of this 1979 home started with the request for updated spaces current with modern finishes. This family of 5 knew from the get go, they wanted their entire main floor updated!

WHOLE HOUSE A3

The transformation of this 1953 home started with the request for a simple kitchen renovation. This couple decided to expand the scope to remove the existing partition walls separating the kitchen from the rest of the space. They wanted to improve the comfort of the home by re-insulating the walls and included renovation of the original bathroom too!

WHOLE HOUSE B1

The homeowners of this 1950s 2-storey house were ready for an overhaul. The 600 sq. ft. main floor was cramped, dark and outdated.

Most major walls were removed allowing daylight to flood into the main floor. The kitchen has a full height pantry, breakfast bar and above cabinet display. Shaker style, mahogany stained cabinets paired with dark granite add depth and the marble mosaic backsplash offers a sharp contrast. The revamped staircase is the striking centerpiece. It features 3/8" white powder coated steel plate stringers, uninterrupted glass walls and minimalist stainless hardware.

WHOLE HOUSE B2

The clients condominium was original to the 1970s.

We took down the partition wall between the kitchen and living room. All new engineered hardwoods were installed in the kitchen, living room, and multi-purpose room. Both bathrooms were gutted and updated.

Custom cabinets and countertops were created for the space and a mechanical chase was clad with brick veneer as there was no way to remove it.

Custom LED lights were installed throughout and a feature wall was trimmed out in the master bedroom. A wine bar was installed in the multi-purpose room.

WHOLE HOUSE C1

The owners of this late 70s 1,800 sq. ft. 2-storey home wanted to achieve a more contemporary look. Also desired were improved functionality in the kitchen and bathrooms, and greater flow between the kitchen and family room.

WHOLE HOUSE D1

This Winnipegger loved her area and the contemporary styling seldom seen in a house of the late 50s. It was in dire need of a makeover, both interior and exterior.

234 sq. ft. of space was added on the back of the house, split equally between main and 2nd floors by enlarging the master bedroom / ensuite area and the back entrance / family room area. A double attached garage was added. The remaining 2,400 sq. ft. of existing space was fully renovated.

WHOLE HOUSE D2

This whole home renovation was a transformation of the main and upper floors, a garage conversion and a complete exterior facelift.

The original garage was converted into a large practical mudroom, powder room, laundry and TV rooms. The walls between the kitchen, living and dining room were removed and a full island, bar area and a 6' pantry were added. Hand scraped hickory hardwoods add durability and provide a solid foundation for the Ledgestone gas burning fireplace. The master features floor to ceiling wall cabinets and the ensuite is a beautiful retreat with a closed off water closet, double vanity and glass enclosed shower.



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Pharrell Williams to perform at MTV European Music Awards later this month



Meyer wouldn't change a thing

BOOKS

Characters switch roles in new Twilight novel
Call them Edythe and Beau.

For the 10th anniversary of her Twilight series, Stephenie Meyer is offering a gender swap for those millions caught up in the saga of Bella and Edward.

Little, Brown Books for Young Readers on Tuesday released a Twilight/Life and Death dual edition of Meyer's first of four main novels in the bestselling vampire series. The original book has been paired with Life and Death, a narrative that reverses the author's famed romance between a teen girl and male vampire, instead having a human boy (Beau) fall for a female vampire (Edythe).

According to Little, Brown, the alternate version contains nearly 400 pages of new material. As of late Tuesday morning, the book was in the top 500 on Amazon.com's bestseller list.

THE ASSOCIATED PRESS

Stephenie Meyer.
GETTY IMAGES



TWILIGHT

... Except for one significant detail about the popular vampire series

It's been a decade since Stephanie Meyer — a then unknown author — introduced her death-crossed lovers Bella and Edward to readers in the first book of the Twilight series.

But, four books, five movies and 10 years later, has the romantic story of a young woman falling in love with a vampire lost its sparkle in a world where Miley Cyrus twerks on MTV and feminist young women want to be the heroes of their own stories?

This old-fashioned girl-meets-boy story has spawned fan fiction, including E.L. James' Fifty Shades of Grey (just don't ask Meyer to comment on it — she wouldn't address it with us), and criticism about Bella's passive personality in the series.

Metro recently had an exclusive opportunity to email Meyer a few questions about how this series has held up in a changing world, and how readers were affected by her works.

Fans of the series will be very interested in the bonus content included in the 10th anniversary edition. What can you tell us about it? Is there anything you think will come as a revelation to readers?

The bonus content is Twilight rewritten with all but a few of the characters' genders switched. It is very close to the original version, because not much changes when the human is a boy and the vampire is a girl (which was kind of my point in doing this exercise). If readers have the same response that I did, they might be surprised at how cool Edward is as Edythe.

It was a decade ago that the series started, and a large number of women grew up reading the books and watching the movies. This was a love story, but it wasn't explicit or smutty. It was romantic more than anything. Have readers have told you how it affected them and their ideas about love?

Readers really haven't discussed with me how Twilight affected their ideas of love, probably because we're all aware that this is just fantasy. I can say, however, from the interactions I've had with readers at signings, there seem to be a couple of common ways that Twilight has impacted

people. For many, Twilight was an awakening or reawakening to the enjoyment of reading for pleasure; many readers went on to become much more active readers across many genres. Also, many

readers have expressed to me that they've made lifelong friends through discussing Twilight online with other readers. Another frequent comment is that Twilight prompted the reader to start writing her own story. All of these responses make me really happy.

In recent years we have seen a rise in feminism among young women. Do you think the Twilight series — and Bella and the choices she makes — would still resonate with readers 10 years later?

People still seem to really enjoy the experience of falling in love, so I would say yes. Love stories will always have a place for some readers.

If you did write it today, what choices would you make differently about the plot, the characters?

Having just rewritten the story for the 10th anniversary edition, I can safely say that I know I wouldn't change much. I would (and did) change some clunky words, and add in some fun things that I thought of later. Twilight was a fun writing experience. I think my approach has always been and probably will always be to have fun and entertain myself. METRO CANADA



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Finding his way through his father

MORE THAN A NATIVE STORY

What Wab Kinew learned from time with his dying dad

Wab Kinew is one of the leading First Nations figures in Canada. It wasn't always that way; in his youth he struggled to find the right path.

In 2012, he found out his father was dying of cancer. He took that year to spend with him. He learned more than he thought about himself and his culture. That year is recounted in Kinew's book *The Reason You Walk*, published by Viking Canada.

What was your relationship with your dad like as a child?

When I was a child I would say that the relationship was very negative. I was walking on eggshells, I was scared of him. And then it gradually started to ameliorate, particularly when I became an adult, and I recognized, well, he's got his issues but I want to learn from him. I want to

learn the language and the culture.

In 2012, there was just a much greater impetus, so with that looming sense of mortality we lived that last year so that we could have the relationship and be able to say there were no regrets and no things left unsaid between us.

People don't often take the chance to spend time with a loved one they know is dying.

I'd always been raised hearing these values, you know, family first and take care of your elders and things like that. And I just realized, your life is the product of the decisions you make in moments like these and so if I want to live by those ethics then I better walk that walk.

That year gave you a real personal understanding of the stories the truth and reconciliation commission are trying to get at. Can you talk about that?

Ironically I think one of the really big moments came after my father's death, when



Wab Kinew discovers the value of walking the walk of his culture. TORSTAR NEWS SERVICE

I went back and I listed to the actual testimony. He gave an account entirely in the Ojibway language, not just what he experienced in residential school, (but also) a thorough account of the spirituality of

our people, of the ceremonies, he gave an instruction in how to pray in the Anishinaube way, and he delivered it all in the language of his birth. And then he concluded with a call to his descend-

ents, 'Here are your ways. Pick them up and learn this language.'

This really seems like a universal story.

I ask some of the same ques-



tions a newcomer (to Canada) asks. 'I was a warrior; what am I now?' Or 'I was a farmer, what am I now?' 'I had this identity, but what am I now?' That's one of the things I hope people get out of the book is that they don't just see it as a native story. This is a human story told through an indigenous lens ... really these are the same questions and desire to find meaning that all of us are asking in the modern world.

TORSTAR NEWS SERVICE



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Reflecting on things that go bump in the night

NINO RICCI

Author's latest a disturbing look at realm of sleeplessness

For Nino Ricci, imagining the last words of a novel usually inspires the story he wants to tell. His new book *Sleep* was no exception.

"What came to me first was the book's ending — and the book's last line really — and I thought, 'Yeah, that seems to have resonance. Now I just have to figure out how my character ends up there,'" says Ricci, who won Governor General's Awards for Fiction for his novels *Lives of the Saints* and *The Origin of the Species*.

"Most of my books actually work that way — that I get a final image of some sort and I can feel the feeling in that situation and then I try and unspool the story from that."

Sleep, a disturbing look at a history professor's descent into the realm of sleeplessness, starts with a near-tragedy, keeps the reader on edge throughout, and ends explosively.

David Pace has a successful career with a beautiful wife, who's also an academic. They have a young son and a gorgeous home.

But David begins to have trouble sleeping, then falls asleep at inopportune moments.

After he's diagnosed with a sleep disorder, he increasingly relies on pharmaceuticals and engages in deviant sexual behaviour.

Ricci suffers from sleep problems, but any other similarities with the protagonist end there, says Ricci during an interview at the office of publisher Doubleday.

"He's a more extreme char-

acter than I am and also has more extreme interpretations than I do.

"We have to take his depictions with a bit of a grain of salt, but it's all drawn from things I've actually been through myself and experienced first-hand," Ricci says.

David grows increasingly jealous of his wife's academic success and his twin brother's amassing wealth. He alienates colleagues, has financial problems and becomes obsessed with guns.

Ricci, who has been awarded the Order of Canada, lives in Toronto with his wife and 14-year-old son. He loves watching films in his spare time.

"In another life I would have liked to be a film director, but I would never have the authority to command a film set.

"That's just not my personality," he says.

"But there's a part of me that always wanted to go in that direction because film is so much the medium of our time."

Ricci dedicated *Sleep* to Canadian novelist, filmmaker and musician Paul Quarrington, his close friend who died of lung cancer in 2010 at age 56.

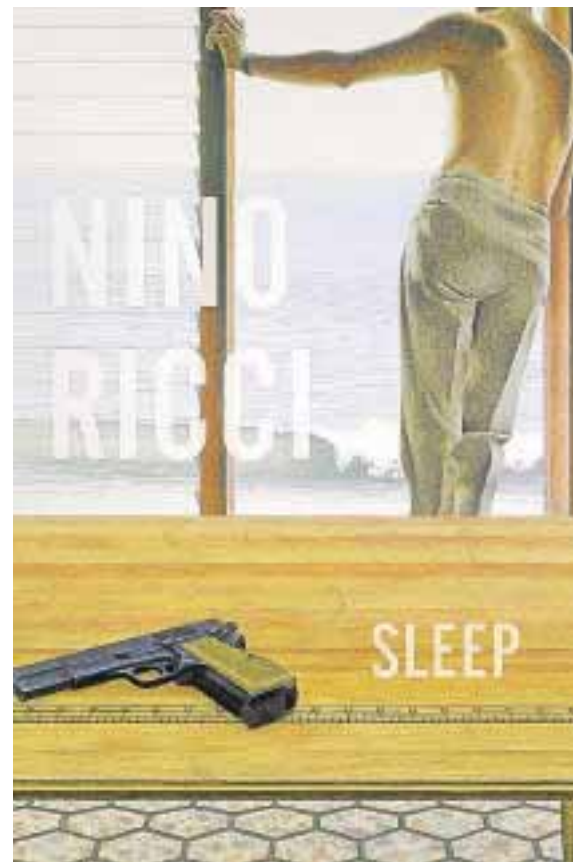
Quarrington and his wife introduced Ricci to his wife. They had children around the same age, and the two families took holidays together.

"He knew everyone — he knew everyone in the writing world, he knew people in the music world and the film world, so all I had to do was hang out with Paul and my social life was taken care of. Just go wherever Paul went.

"And I knew whenever I went anywhere Paul was there, that I was kind of safe, like he was like my godfather.

"My life feels very diminished since he died," he says.

THE CANADIAN PRESS



WRITING WHAT YOU KNOW



If Ricci's descriptions of sleep clinics seem realistic, it's because the author suffers from a sleep disorder diagnosed about 10 years ago.

But any other similarities with the protagonist end there, says Ricci during an interview at the office of publisher Doubleday.

The 56-year-old author, who has taught Canadian studies at Princeton University, says he can now "function quite normally" with narcolepsy.

"I was very worried at the outset about pump-

ing my body full of all these chemicals, but I don't think it's affected my creative process. I went through trying different medications and there was one I tried where I couldn't write," he says.

"I would sit down and I would write a sentence and it wouldn't seem right. I'd write it a different way and by the end I'd have 12 versions of it and I couldn't decide which was the right one.

"It was very paralyzing, as if I'd lost the big picture or a sense of esthetic judgement."

SHAKESPEARE

Authors reimagine the Bard

This week sees the publication of the first instalment in a multi-year project to mark the 400th anniversary of William Shakespeare's death, with authors including Jeanette Winterson, Gillian Flynn, Howard Jacobson and Margaret Atwood putting a contemporary spin on the Bard's classics. Winterson's reimagining of *The Winter's Tale*, called *The Gap of Time*, came out Tuesday and sets the publishing project in motion, with an approach of staying true to the original play while bringing something new to it. In the original *Winter's Tale*, a king's jealousy results in his

baby daughter being banished and the death of his wife. His daughter is raised on the Bohemian coast, but a series of events reunite them all. Winterson's version sets the story in London in 2008, when the city is reeling from the financial crisis. Standing in for the Bohemian coast is New Bohemia, a fictional storm-ravaged U.S. city with similar to New Orleans. In 2016, the 400th anniversary year, look for Jacobson's *The Merchant of Venice* in February, Anne Tyler's *The Taming of the Shrew* in June and Atwood's *The Tempest* in October. AFP

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AWARDS

Rachel Cusk shortlisted for Giller and GG

After making the short list for the \$100,000 Scotiabank Giller Prize on Monday, Rachel Cusk is now a finalist for another lucrative honour — a Governor General's Literary Award.

Cusk, who was born in Canada and lives in London, is on the short list for the \$25,000 fiction prize for Outline (HarperCollins Publishers Ltd.).

Other fiction finalists include two-time Governor General's award winner Guy Vanderhaeghe of Saskatoon, who made the cut for Daddy Lenin and Other Stories (McClelland & Stewart/Penguin Random House Canada).

The short list is rounded out by Helen Humphreys of Kingston, Ont., for The Evening Chorus (HarperCollins), Toronto's Kate Cayley for How You Were Born (Pedlar Press), and Clifford Jack-

man of Guelph, Ont., with The Winter Family (Random House Canada/Penguin Random House Canada).

The Canada Council for the Arts administers the awards, which honour writers in both official languages and in seven categories. Each winner, chosen by peer assessment committees, receives \$25,000.

This year's non-fiction, English-language short list includes former finalist Ted Bishop of Edmonton for The Social Life of Ink: Culture, Wonder, and Our Relationship with the Written Word (Viking/Penguin Random House Canada).

CBC correspondent David Halton of Ottawa is on the list for a book on his dad, Dispatches from the Front: Matthew Halton, Canada's Voice at War (McClelland & Stewart/Penguin Random House Canada).

St. John's journalist Michael Harris made the cut for Party of One: Stephen Harper and Canada's Radical Makeover (Viking/Penguin Random House Canada).

Aboriginal literature scholar Armand Garnet Ruffo of

Kingston, Ont., is a contender with Norval Morrisseau: Man Changing into Thunderbird (Douglas & McIntyre).

And Vancouver bee expert Mark L. Winston is a finalist for Bee Time: Lessons from the Hive (Harvard University Press).

Other notable nominees for a 2015 Governor General's Literary Award include Montreal's Donald Winkler, who is

also on the Giller short list, for translating the short story collection Arvida by Samuel Archibald.

For the GG honour, he's a finalist in the category of Translation (French to English) for Montcalm & Wolfe: Two Men Who Forever Changed the Course of Canadian History (HarperCollins) by Roch Carrier.

THE CANADIAN PRESS

OTHER CATEGORIES

Poetry • Kayla Czaga of Vancouver with For Your Safety Please Hold On
• Liz Howard of Toronto for Infinite Citizen of the Shaking Tent
• M. Travis Lane of Fredericton for Crossover
• Patrick Lane of North Saanich, B.C. for Washita
• Robyn Sarah of Montreal for My Shoes Are Killing Me

Drama • Beth Graham of Edmonton for The Gravi-

tational Pull of Bernice Trimble
• Tara Grammy and Tom Arthur Davis of Los Angeles/Toronto for Mahmoud
• Bryden MacDonald of Toronto for Odd Ducks
• David Yee of Toronto for carried away on the crest of a wave
• Marcus Youssef and James Long of Vancouver/New Westminster, B.C. for Winners and Losers



Rachel Cusk is on the short list for the Governor General's Literary Award prize for Outline. THE CANADIAN PRESS

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BIRTHS

Baby for Carey Mulligan

Carey Mulligan popped back into the public eye this week at the London Film Festival debut of her new film, *Suffragette*, and she brought along with her some joyous news.

"Carey has given birth to a healthy and happy baby," a source tells E! News.

"She is just enjoying this time with her family and close friends."

Well, and standing awkwardly with Meryl Streep on a red carpet, but still.

Mulligan and husband Marcus Mumford — of Mumford and Sons fame — married in 2012 and first confirmed they were expecting back in June when her appearance at the Tonys made it impossible to hide the news.

She had to sit out the world premiere of *Suffragette* at the Telluride Film Festival in late September because she was about to give birth, if you want to try to pinpoint the exact date of delivery. Which is weird, why would you do that? Anyway, no word yet on the gender, mostly because they don't want us to go with the obvious headlines. Well, we certainly showed them, didn't we?

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Carey Mulligan



metroGOSSIP
**MUST
READ**



Nicki Minaj and Miley Cyrus aren't making peace any time soon. ALL PHOTOS: GETTY IMAGES

Minaj fires up feud with Miley Cyrus

INTERVIEWS

Quotes in NYT Mag show fight far from over

Ned Ehrbar
Metro|Hollywood



So that feud between Nicki "Miley, what's good?" Minaj and Miley Cyrus?

Yeah, totally not going away anytime soon. After

Cyrus made some comments about Minaj to the New York Times that Minaj reacted to at the VMAs, things seemed to calm down.

But Minaj just did an interview with the New York Times Magazine that proves she's far from over it.

"The fact that you feel upset about me speaking on something that affects black women makes me feel like you have some big balls," Minaj says.

"You're in videos with black men, and you're bringing out

black women on your stages, but you don't want to know how black women feel about something that's so important?"

"Come on, you can't want the good without the bad."

"If you want to enjoy our culture and our lifestyle, bond with us, dance with us, have fun with us, twerk with us, rap with us, then you should also want to know what affects us, what is bothering us, what we feel is unfair to us."

"You shouldn't not want to know that."

BODY IMAGE

Fat shaming sent Selena to therapy

Good job, everybody. Any taunting or comments made about Selena Gomez's figure after she posted a photo of herself in a bikini back in May ended up sending her off looking for professional help. Hope you're proud of yourselves, jerks.

"I've been working in therapy," she tells *Us Weekly*. "I'd land at the airport and people would yell out, 'You're fat!' It was awful. I've been working since I was seven. This is the first year I ever dealt with anyone talking about my body. Even if I did gain weight, I'm fine. That's what the picture represents."

Also, having seen the picture in question, I have no idea



Selena Gomez

what you people are talking about. That's what we're calling fat now? There's no hope for anyone.

NED EHRBAR/METRO

GOSSIP BRIEFS

Miranda Lambert has 'never felt more inspired'

Sometimes an artist just needs to shake things up, make a change, ditch the routines if she wants to really get those juices flowing and get productive. And sometimes she just needs to end her marriage. Miranda Lambert insists that since splitting up with Blake Shelton and moving back to Nashville, she's been more productive than ever, writing music every day. "I've never felt more inspired," she said at her Music City Walk of Fame induction ceremony this week. "I've written music basically every single day for the whole summer, and it was my first summer off the road and I've never felt more ready to make music." I wonder what she's been writing about.

NED EHRBAR/METRO

Tom Hanks reunites student with university ID card

Tom Hanks' tweet worked! A student named Lauren who lost her Fordham University ID card has been found.

The Oscar-winning actor tweeted a photo of the card Tuesday after finding it in a park. He covered up the woman's last name with his finger in the photo.

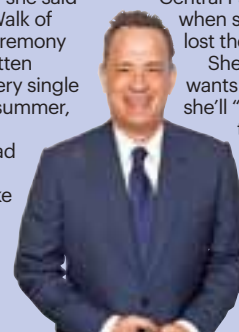
WCBS-TV says it located Fordham senior Lauren Whitmore on Tuesday. Whitmore says she was jogging in Central Park on Monday

when she must have lost the card.

She says if Hanks wants to return it, she'll "surely meet him to do that."

Hanks stars in the upcoming Cold War thriller *Bridge of Spies*.

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Computer glasses may help boost productivity

Benefits can extend beyond just eye comfort

Today is World Sight Day and it marks a perfect time for people to consider protecting their eyes with a simple tool that could help improve productivity at the workplace and at home, as well as deal with our modern, screen-influenced lifestyle.

Dr. Ross Moore and the team at Nowlan & Moore Optometric suggest that people should consider how a set of computer or vocational glasses may help those who may be at risk for, or presently suffering from, a condition called computer vision syndrome.

"For approximately 30 years I have monitored this trend," Moore says. "It was first postulated by Dr. Howard D. Kahn and researched in the '70s and '80s. Although simple in its approach, the benefits can extend beyond merely just eye comfort. It is a great preventative measure for avoidance of other health issues and, with more comfort, an increase in productivity should follow."

People may not be aware of the existence of computer vision syndrome, which can lead to factors that could contribute to the development of other conditions.

"The eye is a muscle and, if overworked, like any other muscle, it is prone to soreness and free radicle accumulation, both of which lead to advanced aging and can be a precursor to medical conditions like macular degeneration and cataracts," he says. "There are several conditions that may be relieved (not necessarily cured) by adding computer or vocational glasses to your regular routine. These include eye irritation when on the computer, sensitivity to light, 'heavy' or tired eyes, blurred vision, neck and back pain, and other issues."

People shouldn't necessarily be worried, Moore says, adding that vocational glasses are a comfort thing. These glasses are adjusted for the distances within a work area



SHUTTERSTOCK

so that when your eyes are focusing on varying levels, the adjustments are seamless and the eye is less subject to extra stresses. Even focusing at one level for extended periods leads to these same stresses.

Moore recommends that patients should have their eyes tested and seriously think about adding a set of computer or vocational glasses to their daily routine.

For more details, visit drrossmoore.ca.

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What they're asking

Here's a variety of two-bedroom resale condos in both midrise and highrise buildings. Living in condominiums is convenient, great for busy people, and means never having to shovel the drive or cut the lawn. **Duncan McAllister** FOR METRO

ASKING PRICES WERE ACCURATE AT TIME OF PUBLISHING.



\$259,900

Winnipeg

This two-bedroom suite at Winslow House is located at 85 Swindon Way in the Tuxedo neighbourhood, a desirable location close to shopping, golf, parks and transportation. The suite boasts a remodelled kitchen with breakfast bar, featuring butcher block and marble countertops, maple cabinets and stainless steel appliances. The spacious living and dining rooms have hardwood floors and the large master bedroom has a walk-in closet, and a three-piece remodelled bathroom. Listing agent Kenneth Clark is a sales representative with Realty Executives Premiere, 204-957-1007.



\$249,900

Edmonton

Located in the Sherwood Park area just east of Edmonton, this top-floor suite has two bedrooms and two bathrooms and great views of the Summerwood wetlands from the covered balcony. Other features include laminate flooring, a breakfast bar on the large peninsula kitchen, in-suite laundry, a large storage room and an underground parking stall. The building is just steps from Sherwood Park's new hospital, great shopping, restaurants, schools and transportation. Brent MacIntosh is a sales representative with Re/Max River City, 780-445-0091.



\$259,900

Halifax

This two-bedroom suite has all the amenities one would ever need, including a pool, hot tub and fitness room. There's a second three-piece bathroom, walk-in closet and tiled balcony. The unit includes underground parking and a storage space. The condo is located just off the Bicentennial Highway, minutes from everywhere in HRM. There is a walking trail directly behind the condo along with shops, grocery stores and restaurants, all within a five-minute drive. Listing agent Jeff Kielbratowski is an associate with Realty Partners, 902-877-1787.



\$260,900

Calgary

This second-floor unit offers a southern exposure and a bright, open concept. The unit features a kitchen with a raised eating bar and dining area. There's a large living room with patio doors to the balcony, laundry and a four-piece bathroom. The master bedroom offers a full ensuite bathroom. The condo is close to transit, shopping, green spaces and plenty of amenities. Tim Lind is a sales representative for RE/Max Real Estate Mountain View, 403-333-0837.



\$1,060,000

Vancouver

This spacious suite boasts amazing views of False Creek, English Bay and the city from the south-west-facing corner unit. It features luxury finishes like granite countertops and cherry flooring. Upgrades include a new appliance package, light fixtures and faucets. The condo offers access to the Super Club's pool, sauna, fitness room, theatres, squash court, guest suites and 24-hour concierge. Just steps to the urban lifestyle of downtown, parks and seawall. Listing agent is Pam Allen with RE/Max Real Estate Services, 604-790-8464.



\$479,900

Toronto

This brand-new suite in the Carnaby Lofts is located in the West Queen West neighbourhood. The 829-sq.-ft. corner unit features exposed nine-foot ceilings, a 24-hour concierge, a full fitness facility and rooftop terrace with barbecues. The unit includes parking and a locker. The condo is close to the Queen streetcar line and Trinity Bellwoods park. Integrated appliances include a fridge, dishwasher and stainless stove. Listing agent Alex J. Wilson is with RE/Max Condos Plus, 416-996-5181.



\$399,900

Ottawa

This two-bedroom, two-bathroom 951-sq.-ft. suite is located on the quiet and bright east side of this nearly-new building by Domicile. The suite features tasteful, modern finishes and the building has a well-equipped gym as well as a guest suite. Underground heated parking and a storage locker is included. The condo is located on the border of Wellington West and Hintonburg. Listing agents are Kelly Ebbs and Kerry Millican with Royal LePage Team Realty, 613-290-2990.

Their love for grey will not fade away

INTERIOR DESIGN

Designers tout the shade as a go-to neutral in any space

The buzz over 50 Shades of Grey may have faded, but interior design experts say their love affair with the colour grey is definitely not a passing trend.

Looking back 10 years, designer Mollie Ranize remembers grey being “perceived as a depressing colour palette that was difficult to use, and no one really wanted to live in it.” Since then, grey has developed into the go-to neutral colour and a favourite solution to many design dilemmas.

Want to use a bold colour but worry that it will overpower a room or look tacky? Mix some cool grey into even the loudest paint colour and it will instantly look more subtle and sophisticated.

And you can find a shade of grey that pairs well with everything.

“It’s kind of shocking that almost everything on the colour wheel is complementary with it,” says Ranize, founder of DMar Interiors in Los Angeles. “That’s not something you can say about the whole tan-and-beige wave that we had for a really long time.”

Any room, any style

Gray works with every decorating style, from totally traditional to cutting-edge modern. Whatever the style, “grey can be a huge statement,” Ranize says, so it “doesn’t take a huge quantity of accents to get high impact.”

It also works surprisingly well in rooms where you might not expect it: Betsy Burnham, founder of Burnham Design in Los Angeles, uses dark grey kitchen cabinetry painted with a slightly shimmery satin finish. She likes using a softer shade, Benjamin Moore’s Gray Owl, on walls, and painting the trim a crisp, cool white.

Designer Brian Patrick Flynn, founder of Flynnside Out Productions, uses grey “to mediate other more dramatic colours.”

“If I am using a lot of black,” he says, “I’ll pair it with greige to keep the look more subtle and almost lower the amount of contrast. If I’m working with bold colours such as red or orange, I’ll usually set them against a backdrop of dove grey or blue grey.”

Another combo he recommends: charcoal grey with dark hunter green and black. “All three are super-dark and rich,” Flynn says, but “none are really

too high-energy, resulting in a sense of glamour that’s somewhat rustic and woodsy. It’s a really unique look that can be pulled off in the right setting.”

Grey is even kid-friendly. It’s “an excellent choice for a gender-neutral nursery or kid’s room,” Flynn says, “since you can accent it with a wide array of colours.”

Yet another gorgeous option: Ranize loves mixing greys with deep shades of plum and any deep blue, from navy to teal. Deep blues “can play off of light greys so pleasantly,” she says. It brings “emotional impact without being over the top.”

Warm and bright

Grey doesn’t have to make a room feel depressing or cold. “There are ways to bring it outside of that stark, off-putting, cloudy-day kind of vibe,” says Burnham. Her favourite strategy is using warm shades of grey alongside organic items like pottery, plants, and natural-wood floors and furniture.



“It’s kind of shocking that almost everything on the colour wheel is complementary with it.”

Mollie Ranize, founder of DMar Interiors

She also warms up shades of grey by pairing them with colours like mustard, olive or soft pinks. These are “combinations you may not immediately think of,” she says, but they’re surprisingly effective.

As you choose a grey hue, consider the room’s natural light. If you’re worried that a grey room will look dim, choose items that reflect light. Look for a woven silk rug, wallpaper with a subtle sheen, upholstery with a slight shimmer, and even a tabletop of pale grey or grey and white marble that reflects light.

You can also opt for lighter greys to keep things from getting too intense. If you’re considering using grey with red, for example, Flynn recommends dove grey or blue grey rather than charcoal. “Since dark grey and red are both super-dramatic, they can sometimes come across as overbearing or too much,” he says. By pairing red with paler greys, the effect is “light and airy, juxtaposed with dramatic and high-energy.”

THE ASSOCIATED PRESS



In this Burnham Design photo, a cream window shade, green plant and dark wooden chair bring an organic warmth to an otherwise cool kitchen. CHRISTOPHER PATEY/BURNHAM DESIGN VIA AP

+ A STRONG YET SUBTLE SHADE

The best base layer

Rather than adding grey to a room as an accent colour, Ranize suggests using it as the room’s base colour. She recommends using paint or wallpaper to create soft grey walls, then layering more shades of grey into the room in the floor-covering and furniture. As a finishing touch, add a few pops of other colours as you wish.

With this technique, she says, “you get this dynamic space without trying to be flamboyant.”

If you’re building a new home, talk with your builder about using grey as the base colour throughout the property. “Builders and real estate agents are big on using beiges, creams and taupes to neutralize their properties,” Flynn says, but “interior designers take the more personable route with grey, a colour which has more personality.”

In expert hands, he says, grey “can take on a luxurious, chic or even understated vibe.”

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Here designer Brian Patrick Flynn used several shades of vivid blues to add coolness to the otherwise warm tones. SARAH DORIO/BRIAN PATRICK FLYNN VIA AP



This airy, vintage-style bedroom by Flynn demonstrates the designer’s use of blue-gray tones to keep rooms feeling classic and gender-neutral. HGTV.COM/BRIAN PATRICK FLYNN VIA AP

Stay on budget for your reno

HOME

How to get the best quote, and other important tips

Liz Brown

Home renovations are pricey propositions. And if you don't set a precise budget and vision, the project can quickly balloon in cost and scope. Planning, research and clear communication with your contractor are keys to keeping your home reno running on schedule and budget.

The first step to an on-budget reno is to come up with a clear work description and give the same description to each contractor, according to Rick Hagel, general manager at Sierra Property Services Ltd. in Vancouver. "You want contractors to be comparing apples to apples," he says.

"Say you want to do a kitchen. You need to look at all of the things in your kitchen and outline what you want and



The lowest price isn't always the best choice. Sometimes it's better to pay a little more for quality and experience. SHUTTERSTOCK

what kind of quality those things should be. You need a specific list and the contractor should quote on that specific list

first, and then offer any suggestions after. Don't let yourself be swayed before the initial quote is offered."

Homeowners should seek three to five quotes to get a good idea of what a project should cost. And Trevor Jones of Cani-

wi Construction in B.C. advises to not just select the cheapest quote. "The lowest price isn't always the best choice. It is often

better to pay a little more for quality and experience," he says.

A good sign you have drawn up a specific work plan that contractors understand is if all contractors submit bids in the same general price. "(From this) you can assume you are getting a fair price for the work you described to them and they all understood the same scope of work for your project," says Gary Sharp, director of renovator services at the Canadian Home Builders' Association's national office in Ottawa.

Homeowners also need to factor in unexpected costs to their budget. "Home renovations always cost more than you think they will," says Tyler Moffet, a carpenter and contractor in Calgary. "Once you start tearing things apart, there's always something you come across that needs more work."

Moffet says a general rule of thumb in the industry is to budget 15 to 20 per cent more than the contractor's quote. "This way, if you run into a problem, it's not an issue to come up with the funds, and if all goes well, you have some gravy money at the end."

Choosing a contractor

Choosing the right contractor is the most important decision you will make during a home renovation, but it can be hard to know where to start looking for the right professional for your needs.

"Checking references is by far the best advice," says Gary Sharp, director of renovator services at the Canadian Home Builders' Association's national office in Ottawa.

Sharp recommends preparing a list of questions before calling a reference, focusing on the contract, if the contractor stayed on budget and what the renovation team was like. "Did they smoke in the house, were they professional?" he says.

Rick Hagel, general manager of Sierra Property Services Ltd. in Vancouver, says that homeowners should check with associations like the Better Business Bureau, to see if the contractor is a member and if there have been any complaints.

"You can see what kind of a work record a contractor has," says Hagel, noting it's not just about the quality of work, but also how the contractor reacts to adversity. "If there has been a problem, you want to know the contractor



Checking references is an important part of finding the right contractor. This isn't a time to cut corners. SHUTTERSTOCK

attended to it immediately."

Tyler Moffet, a Calgary-based carpenter and contractor says a good place to start your search is your own neighbourhood.

"Drive around your area and look for crews working on homes. Ask the homeowner to see the work and what they think of it and if the job is running on schedule," he says,

adding: "It's like a job interview, you need references. You don't just ask someone you don't know to come into your house."

After you've checked references, it's time to ask for bids from the contractors. Collecting bids from three to five contractors is a good way to determine what a fair price for your project is. "If the bids are significantly different from each other, there may be a valid explanation, such as one contractor forgot to include a major component in their bid," says Sharp.

A good proposal will include a schedule of draws (payments) that are linked to milestones on the project. Hagel says most experienced contractors with good capital resources won't ask for a deposit up front, before any work is performed.

"We make sure all of our customers know that no money changes hands until there is some value for the work that has been performed. That's a key thing for determining if you want to work with a contractor, because someone who needs money right away could be a problem down the road."

LIZ BROWN

UP TO THE TASK?

To DIY or not to DIY

If you're a homeowner who's handy, or likes to save money, it can be tempting to take on a home renovation project yourself. And while there's a certain pride in knowing you created your own deck or tiled your own bathroom, you need to be certain you're up to the task before you start tearing things apart.

"Consider your own skills and abilities carefully when planning a project," says David Foster, senior director of communications at the Canadian Home Builders Association in Ottawa. "While many of today's home improvement products are designed to make it easy for do-it-yourselfers, other projects will require specific skills. Seeing how something was done on a TV renovation show isn't the same as having practical experience. Getting in over your head can end up costing more money and causing a lot of frustration, than hiring a professional to help in the first place," he adds.

For guidance or to get an idea for your aptitude for a project, consider taking a course. Many home improvement stores offer introductory classes on basic home reno tasks and colleges offer more in-depth

courses. If you do decide to go ahead with a project yourself, be sure to check with your municipal building inspector if a permit is needed for the work being planned.

"In general, a permit is required if you are making your house larger. A permit is required if you are modifying a structural wall or other structural component of the home," says Gary Sharp, director of renovator services at the Canadian Home Builders Association.

"Don't know if a wall is structural or not? That's likely a good sign not to DIY," he jokes.

Even if you are a skill trapezoid or a seasoned do-it-yourselfer, you should consider the practicality of undertaking a home renovation on your own. "A common scenario is that getting the work done simply takes much longer than anticipated," says Foster. "Homeowners get caught in this sort of thing all the time. ...The two weekends of work you planned to do the job stretch out to two months and your kitchen isn't finished and your spouse has smoke coming out his or her ears."

Foster doesn't want to discourage people from DIY projects, but advises them to think carefully if they do have the time to put in the work and then assume it will take twice as long as they expect.

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Leafs open season with loss to Habs

OPENERS

Above: Brendan Gallagher of the Montreal Canadiens and the Toronto Maple Leafs' Dion Phaneuf battle for the puck at Air Canada Centre on Wednesday. Alex Galchenyuk scored the winning goal in the Habs' 3-1 victory.

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Right: The Chicago Blackhawks look on as their Stanley Cup championship banner is raised to the United Center rafters before their game against the New York Rangers.

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Go to metronews.ca for more opening night coverage.

Why Winnipeg Jets will make the playoffs

VIEW FROM THE 300S

Andrew 'Hustler' Paterson



The wait is over. Tonight the Winnipeg Jets drop the puck on the NHL regular season in Boston and start the 82-game grind in an attempt to return to the Stanley Cup playoffs.

Last season the Jets, under Paul Maurice, made important steps forward in their development. They became difficult to play against, more responsible defensively and most importantly, made the post-season with 99 points.

After an off-season that saw significant roster turnover up front from within the organization, the Jets enter tonight with high hopes they can continue trending upward and return to the playoffs.

So can the Jets do it again? The answer is yes and here is why:

Young guns — The Jets will have three rookies in their lineup tonight. Andrew Copp, Nic Petan and Nikolaj Ehlers all made the team along with 23-year-old Alex Burmistrov, who returns from the KHL. While there are no guarantees on the success of rookies at the highest level, all three newbies have shown through the pre-season they seem ready for prime time. The NHL is a young man's league and talent is the true currency of success. The Jets have added a ton of talent to their



Paul Maurice was a big factor in the Jets making the playoffs last season. MARIANNE HELM/GETTY IMAGES

team in this exciting freshman class.

The core — The heart of the Jets roster made huge strides last season as a group. Wheeler, Ladd and Little all enter this season in their primes while young centres Adam Lowry and Mark Scheifele continue to develop into important cornerstones of the Jets' forward group. Combined with a deep blue line that most teams in the NHL envy, there is no reason not to expect the Jets to be able to avoid taking a step back despite the addition of four new young players from last season's playoff roster.

The last line of defence — Nothing will make or break

the Jets' playoff chances more than what happens in net. Ondrej Pavelec starts tonight for the Jets coming off his best season as a pro, backstopping the Jets to the playoffs with a career high .920 save percentage. It wasn't always smooth though as Pavelec actually lost the job for a while to Michael Hutchinson before playing the best hockey of his life down the stretch.

Paul Maurice showed last season he doesn't care about contracts and will play the guy he thinks gives his team the best chance to win. This competition brought out the best in Pavelec when it counted most. Pavelec will be challenged by a hungry Hutchinson with NHL experience under his belt, not to men-

tion rising star Connor Hellebuyck down the hall with the AHL Moose. The fight for starts and playing time will help both goalies and, ultimately, the team's return to the playoffs.

The boss — He may have been overlooked for a Jack Adams Award nomination but Paul Maurice showed last year why he is a top coach in the NHL. The players in the Jets room believe in Maurice and his message, and will continue to deliver for him on the ice.

So get excited and enjoy the season. By the way, playoff tickets are expensive, so it's never too early to start saving up for another Winnipeg whiteout this spring at MTS Centre.

NHL SEASON PREVIEW

Rookies' proud families excited ahead of big debuts

There will be at least five Nicolas Petan fans in the stands when the Winnipeg Jets open the season in Boston on Thursday.

The Jets' rookie forward said his parents, brother, uncle and trainer are travelling to watch his first NHL game and he couldn't be happier to share the special moment with them.

"It's an awesome time, not just for myself, but for them as well," the Delta, B.C., native said

Wednesday after the Jets practised in Winnipeg before boarding a flight to take on the Bruins.

Winnipeg kicks off the regular season with a four-game road trip, including games against New Jersey, the New York Islanders and New York Rangers.

Petan, 20, is one of three rookies who've cracked the Jets' roster, which features six players aged 22 and under.

Forward Nikolaj Ehlers, 19, is

the team's youngest player and will also make his NHL debut against Boston. Rookie centre Andrew Copp, 21, recorded his first game in last season's final regular-season match versus Calgary and picked up an assist.

Ehlers won't have family cheering him on in person Thursday as his dad, Heinz, is head coach of Lausanne HC, a national A team in Switzerland.

The Denmark native talked to

his dad after he made the roster and his parents might watch his debut on satellite TV, depending on the time, said Winnipeg's first-round pick (ninth overall) in the 2014 draft.

"He's proud," Ehlers said of his father, who played pro in Europe for more than 20 years. "He texted me and called me and said congratulations. It's pretty exciting to them."

Some hockey pundits have

questioned if the injection of more youth will add to the challenge of Winnipeg making the playoffs like it did last season, when the team set a Jets/Atlanta Thrashers franchise record with 99 points and tied a franchise record for wins (43-26-13).

"They earned the right to be here," captain Andrew Ladd said of the rookies.

THE CANADIAN PRESS



Nic Petan
GETTY IMAGES



The acquisition of David Price has made many critics believe in the Blue Jays. RICK MADONIK/TORSTAR NEWS SERVICE

Rangers relish role of dark horse to Jays

MLB PLAYOFFS

After climb in standings, Texas faces tall task vs. Price

The Texas Rangers have arrived in Toronto with a chip on their shoulder.

Being overlooked by the bookmakers and others has only served to motivate the AL West champions as they prepare to meet the surging Blue Jays on Thursday in the American League Division Series.

Texas manager Jeff Bannister says there are plenty of emotions in his clubhouse.



It doesn't really mean anything once you step on the field.

Blue Jays centre-fielder Kevin Pillar on the team being favourites among critics and bookmakers

"I think it's full of energy, belief, confidence," he said Wednesday. "But yet they're the ones that aren't being given a chance. So I also think that there's a little different edge. And I thank you all."

The Rangers have already worked one miracle under their rookie manager, climbing from last place in the American League (67-95) in 2014 to make the playoffs. Only four other teams in the majors have done that before.

Toronto manager John Gibbons sees the ALDS contest as

more of an "even matchup."

"Our teams are very similar," he said. "Good offences. Balanced. They've got some pretty good team speed over there."

And they both went out and made big pitching acquisitions with Toronto trading for David Price and Texas picking up Cole Hamels. They also looked to bolster their bullpens.

"Both GMs attacked it the same way," said Gibbons. "They saw what they needed and they went out and did it."

Toronto sends out Price, its

left-handed ace, against right-hander Yovani Gallardo as post-season baseball returns to the Rogers Centre for the first time since 1993.

Price is 9-1 as a Blue Jay with an earned-run average of 2.30. Over his career, he is 11-1 at the Rogers Centre.

He comes into Thursday's game on 11 days rest, with his last real outing Sept. 26 in Tampa.

"You take guys with great arms and they can locate the ball, now you got the superstars. ... He's a complete pitcher with a great arm," Gibbons said of his six-foot-six ace.

And yet the former Tampa Bay and Detroit pitcher is 1-5 in the playoffs with a 4.50 ERA.

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Yovani Gallardo GETTY IMAGES

Gallardo living his boyhood dream

Yovani Gallardo grew up watching the Texas Rangers, often going to their ballpark and dreaming of one day pitching in big games for his local team.

"Even with my cousins, it's one of those things we always talked about, having that goal for myself to put on the Ranger uniform and pitch important games," Gallardo said. "Obviously the one goal that we all have as an athlete, to win the World Series. This is the first step."

When the Rangers open their

first AL Division Series since 2011, Gallardo (13-11, 3.42 ERA) will be on the mound Thursday in Toronto.

"To have this opportunity to start Game 1, it's a big accomplishment," he said.

Gallardo was 10 years old when the Rangers made their playoffs debut in 1996, winning the first of three AL West titles in four seasons. By the time they made their only World Series appearances in 2010 and 2011, Gallardo was pitching for the Milwaukee Brewers, who

took him in the second round of the 2004 amateur draft.

The Brewers traded Gallardo to his home team last winter and the 29-year-old started the opener, which like his first playoff appearance for the AL West champs was on the road.

"He's been a guy for us all year that has grinded out innings for us, has kept us in ball games," Rangers manager Jeff Banister said of Gallardo. "He's put us some consecutive innings of zeroes also."

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IN BRIEF

Signing embroils Bills in a kicker controversy

The Bills signed veteran kicker Billy Cundiff on Wednesday in a move that leaves Dan Carpenter's future uncertain in Buffalo following his latest missed field goal.

Though Carpenter remains a member of the Bills, coach Rex Ryan called it "a possibility" the number will be down to one by Sunday, when Buffalo (2-2) travels to play Tennessee (1-2).

In signing Cundiff, the Bills released kickoff specialist Jordan Gay. Buffalo also shuffled its returners by releasing Marcus Thigpen and signing Denarius Moore.

Buffalo also shuffled its returners by releasing Marcus Thigpen and signing Denarius Moore.

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Durant back in action for the first time in 8 months

It has been eight months since Kevin Durant played in an NBA game.

The Oklahoma City star who suffered through a gruelling process to mend his broken right foot said the layoff seemed "like years," but the wait is finally over.

Durant was set to make his long-awaited return to the court on Wednesday night when the Thunder opened the pre-season in Minnesota. He missed 55 games last season and needed three surgeries to repair a dreaded Jones fracture in his foot, an injury that contributed mightily to the Thunder missing the playoffs for the first time in five years.

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DAILY BREAK



RECIPE Mediterranean Pasta with Basil and Artichokes



PHOTO: MAXA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

This dish is simple but roasting the veg gives it real depth of flavour.

Ready in 30 minutes
Serves 4

Ingredients

- 2 red peppers, seeded and cut into wedges
- 1 red onion, cut into wedges
- 3 cloves garlic, coarsely chopped
- 1 tsp brown sugar
- 2 Tbsp olive oil
- Salt and pepper to taste
- 3 small ripe tomatoes, quartered
- 1 can artichoke hearts, drained, rinsed, and quartered lengthwise
- Handful of fresh basil leaves
- 3 Tbsp of grated Parmesan
- 1/2 lb dry pasta

Directions

1. Preheat oven to 400 degrees. Scatter the peppers, red onion and garlic in a large roasting tin. Toss with sugar, oil and salt and pepper.
2. Roast for 15 minutes, toss in the tomatoes and artichokes and roast for another 15 minutes until everything is soft and golden brown.
3. While the vegetables are roasting, cook the pasta in a large saucepan of salted boiling water according to package instructions. Drain well.
4. Remove the vegetables from the oven, tip in the pasta and toss lightly. Tear the basil leaves on top and sprinkle with Parmesan cheese.

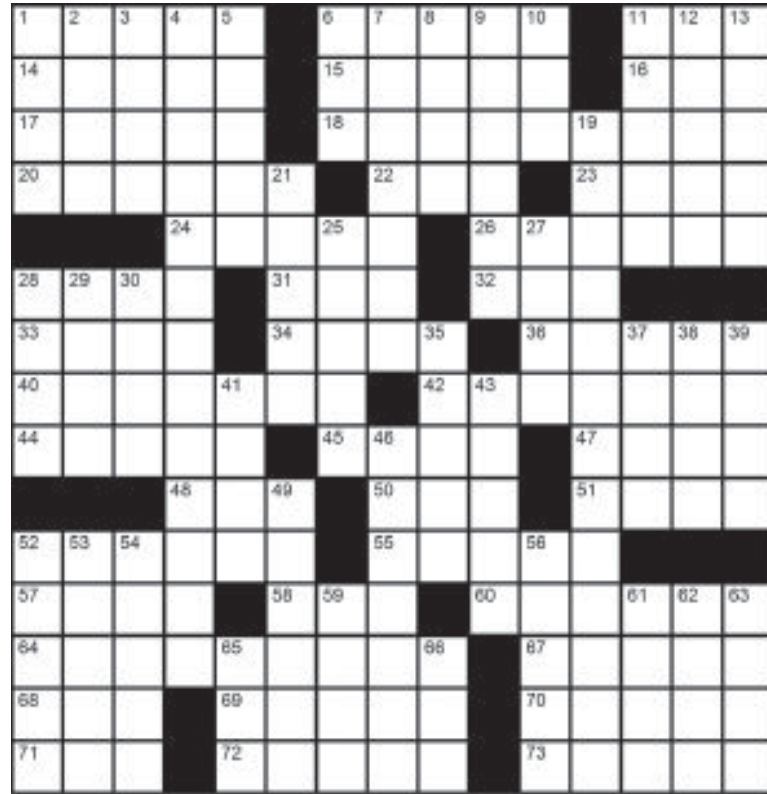
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Colour in a bouquet
6. "Fortune is painted blind, with a muffler _ her eyes..." - Shakespeare
11. Whiz
14. _ Arden (1864 poem by Alfred, Lord Tennyson)
15. Clear debt
16. Delivery vehicle
17. Intense
18. Indicator to a dinner party guest of where to be seated: 2 wds.
20. _ tires (Michelin products)
22. Le: English
23. It's buzzing with activity
24. '60s abstractionism: 2 wds.
26. Lurched
28. Red carpet design
31. _ Beta Kappa
32. Wife of Thor
33. Middle- _
34. _ up (Absorbs)
36. Streamlets
40. Took hours getting ready for the party
42. Make balanced: 2 wds.
44. Marsh grower
45. Cap- _ _ (From head to toe)
47. _ pants (Casual/fitness wear)
48. U.K. mil. service
50. Mariner's dir.
51. Foretoken
52. Self-defence developed in the Ryukyu archipelago



- (mainly Okinawa) of Japan meaning 'empty hand'
55. Concealed
57. Larger-than-life
58. Research paper, e.g.
60. Fruity frozen dessert

64. Pond's product: 2 wds.
67. Vacate
68. Winter water
69. Electrical pioneer Nikola
70. Facilitated
71. Hi- _ graphics
72. Tend the fire

73. Get garmented

- Thanksgiving: Joy-euse _ _ _
5. "Surrender" by _ Trick
 6. Alsatian artist Jean
 7. Marker's writing part
 8. Moonfish

9. Fast track drivers
10. 1982 Alan Parsons Project hit: " _ in the Sky"
11. Be of service
12. Prepare the To-furky for serving
13. Wrapped up
19. Competitive series on Food Network Canada: 4 wds.
21. Memory mis-take
25. Friend to Mary and Phyllis
27. W.B. Yeats' land
28. Openings
29. Troll
30. Garden intruder
35. River of Paris
37. Rug-making apparatus
38. Winter sport
39. Mr. Laurel of funny movies
41. Orderly
43. Swerves
46. Coach's rallying delivery: 2 wds.
49. Weasel relative
52. Fermented milk product
53. Speedily
54. Basmati and Wild
56. Dished out
59. Money in Mexico
61. Headquarters
62. Mark Twain story, _ Diary
63. "Bill & _ Excellent Adventure" (1989)
65. Belonging to Hartford's li'l state
66. "Maggie _" by The Beatles

★ IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
Like everyone you can be a creature of habit but at the moment you must strive to be more original. Create your own pathway to success.

Taurus April 21 - May 21
Don't waste your precious energy on people and situations that bring you no benefit. Your main priority now is to set yourself targets that pay off for you in the long-term, not for others in the short-term.

Gemini May 22 - June 21
You feel out of touch with what is going on around you. Everyone else seems to be tuned in to events that mean nothing to you. Don't worry, you are not missing much. Others envy you for being so independent.

Cancer June 22 - July 23
You will find it difficult to keep your nose out of other people's business today. You know what curiosity did to the proverbial cat, don't you?

Leo July 24 - Aug. 23
Money matters will figure prominently. There is a lot at stake at the moment, so do whatever it takes to maximize your profits and minimize your losses.

Virgo Aug. 24 - Sept. 23
You have done a lot of thinking over the past few weeks and you have come to a lot of conclusions about what you need to do to make your life more enjoyable. Now all you have to do is apply those conclusions to everyday activities.

Libra Sept. 24 - Oct. 23
For some reason you are taking certain things personally when, in reality, they have nothing to do with you at all. Get over yourself and get past the notion that the powers that be are ganging up on you. They're not.

Scorpio Oct. 24 - Nov. 22
It may seem as if everyone is being critical of you but that's an exaggeration. The only people questioning you are the ones who care for you the most. Listen to what they say.

Sagittarius Nov. 23 - Dec. 21
You may say that you don't care what the world thinks of you but deep down you do and cosmic activity in the career area of your chart will give you the chance to impress.

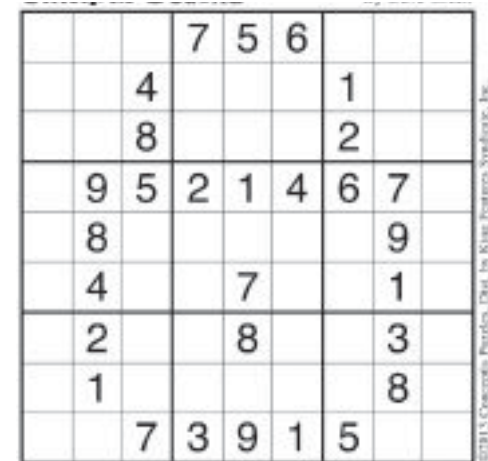
Capricorn Dec. 22 - Jan. 20
Something that never interested you before will grab your attention today and you will spend every spare moment trying to understand it. Others may think you have lost your mind but they don't see the possibilities you do.

Aquarius Jan. 21 - Feb. 19
You will find yourself thinking deeply about the big questions of life that most people tend to ignore. Does life have meaning? If so, what is it?

Pisces Feb. 20 - March 20
The only way you are going to get ahead is to co-operate — not just with friends and colleagues but with rivals too. Focus on what unites you, not on what keeps you apart.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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